

FOOD LOG (please only 1 day per page)

Date:

Name:

Time	Amount (tsp, oz, Tbs, cups)	Food/Condiment/Supplement (be as detailed possible- brands, method of cooking, etc.)	Is this a good source of Protein?
Time	Amount	Breakfast	Yes or No?
Time	Amount	Lunch	Yes or No?
Time	Amount	Dinner	Yes or No?
Time	Amount	Snack(s)	Yes or No?
Time	Amount	Beverages	