



# daily food diary

today's date:

BREAKFAST		meal description:		
meal components	# servings	est. calories	% daily target	details / comments
grains				
vegetables				
fruits				
dairy				
protein				
water				
other drinks				
other...				

LUNCH		meal description:		
meal components	# servings	est. calories	% daily target	details / comments
grains				
vegetables				
fruits				
dairy				
protein				
water				
other drinks				
other...				

DINNER		meal description:		
meal components	# servings	est. calories	% daily target	details / comments
grains				
vegetables				
fruits				
dairy				
protein				
water				
other drinks				
other...				

SNACKS	# servings	est. calories	% daily target	details / comments

Other notes about today (special events, weight, general feeling of well being etc):