

Food Diary

Date: _____

Use this food diary to track what you eat and drink each day. If you are just starting a new weight loss plan, or are trying to change your food habits, you can also use it to track calories, fat, and protein. Don't forget to include all beverages!

	Food or drink	Calories	Fat (g)	Protein (g)	Other
Breakfast					
	Time _____				
Total					
Lunch					
	Time _____				
Total					
Dinner					
	Time _____				
Total					
Snacks					
Total					
Total for the day					
Notes					