

Today is (circle one) SUN MON TUE WED THU FRI SAT

# BITE ME! Daily Food Journal

TODAY'S DATE: \_\_\_\_\_

	BREAKFAST						
<i>Lean Protein</i>	SERVING SIZE	BITE ME DISH OR FOOD ITEM	CALORIES	WATER (CUPS)	TIME EATEN	AM PM	ENERGY LEVEL 1 2 3 4 5 6 7 8 9 10
<i>Complex Carbs</i>							
<i>Healthy Fats</i>							
	MORNING SNACK						
<i>Lean Protein</i>							
<i>Complex Carbs</i>							
<i>Healthy Fats</i>							
	LUNCH						
<i>Lean Protein</i>							
<i>Complex Carbs</i>							
<i>Healthy Fats</i>							
	AFTERNOON SNACK						
<i>Lean Protein</i>							
<i>Complex Carbs</i>							
<i>Healthy Fats</i>							
	DINNER						
<i>Lean Protein</i>							
<i>Complex Carbs</i>							
<i>Healthy Fats</i>							
	EVENING SNACK						
<i>Lean Protein</i>							
<i>Complex Carbs</i>							
<i>Healthy Fats</i>							

TOTALS Target Calories Per Day \_\_\_\_\_ Actual Calories Per Day \_\_\_\_\_