## **DAILY FOOD DIARY**

•	1	T	I	Ţ
	Date:		Date:	Carbs
g		g		g
	Breakfast	ļ <u> </u>	Breakfast	
		<del> </del>		
		1		ļ <u>.</u>
Lunch	Lunch		Lunch	
				<del>                                     </del>
				<u> </u>
Dinner	Dinner		Dinner	
			Dillici	
	Snacks		Snacks	
ΤΔΙ	TOTAL		TOTAL	
	Carbs	Breakfast  Lunch  Dinner  Snacks	Breakfast  Lunch  Dinner  Snacks	g Breakfast Breakfast  Lunch Lunch  Dinner Dinner  Snacks Snacks