

Weekly food Journal or Planner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DATE							
workout							
Morning Meal Time:							
Snack Time:							
Mid-day Meal Time:							
Snack Time:							
Evening Meal Time:							
Snack Time:							
Water							
Other drinks							
Exercise Type: Duration:							
Tot carb serv							
Comments							

Food Group Servings: MP ____, Protein ____, Veg 1 ____, Veg 2 ____, Dairy ____, Fruit ____, Grain ____, Legu ____, Nuts ____, Oil ____,
 Total Cal: _____ target 130 gm carb / 9 servings of 15 gms.

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