

FREE FOOD DIARY

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Free fitness and weight loss information
to help you look and feel your best.



Date: January 1st

MEAL	FOOD / BEVERAGES	QNTY	CALS	P (g)	C (g)	F (g)								
Breakfast:	eggs / egg whites	2/4	260	19	2	12								
7:50 am/pm	whole wheat toast	2	76	3	13	1								
	butter	2 tsp.	68	-	-	7.5								
Meal Totals			338	22	15	20.5								
Snack #1:	apple	1/2	72	-	18	-								
10:00 am/pm	cheese (low fat)	2oz.	137	14	-	9								
Snack Totals			209	14	18	9								
Lunch:	Taco Soup	2 cups	463	35	47	15								
12:00 am/pm	(The Formula 40/30/30)													
Meal Totals			463	35	47	15								
Snack #2:	Strawberry protein shake		182	14	18	6								
3:30 am/pm	(1/2 scoop protein, 1 cup strawberries)													
	- almonds													
Snack Totals			182	14	18	6								
Dinner:	"The Ladle In Red" Chili	1.5c	276	25	30	7.8								
6:00 am/pm	(Eat, Shrink & Be Merry)													
Meal Totals			276	25	30	7.8								
Snack #3:	chicken salad	2oz.	104	14	-	10								
9:30 am/pm	apple	1/2	72	-	18	-								
Snack Totals			178	14	18	10								
DAILY TOTALS			1646	124	146	68.3								
% of Calories				30	35	35								
TARGETS				30	40	30								
+/-				-	-(5)	(+5)								
Water Intake (8 oz. cups)	1	2	3	4	5	6	7	8	9	10	11	12	13	14