

FREE FOOD DIARY

BeFitandStrong.com

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



Date: _____

MEAL	FOOD / BEVERAGES	QNTY	CALS	P (g)	C (g)	F (g)
Breakfast:						
am/pm						
Meal Totals						
Snack #1:						
am/pm						
Snack Totals						
Lunch:						
am/pm						
Meal Totals						
Snack #2:						
am/pm						
Snack Totals						
Dinner:						
am/pm						
Meal Totals						
Snack #3:						
am/pm						
Snack Totals						
DAILY TOTALS						
% of Calories						
TARGETS						
+/-						

Water Intake (8 oz. cups)	1	2	3	4	5	6	7	8	9	10	11	12	13	14
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