



# Daily Food Log

Today's Goals



DATE: / /



MON

TUE

WED

THU

FRI

SAT

SUN

Meal 1

☐ Breakfast ☐ Lunch ☐ Dinner ☐ OMAD / Fasting: \_\_\_\_\_ HOURS

TIME	ITEMS	CALORIES	NET CARBS	TOTAL CARBS	FIBER	FAT	PROTEIN

Meal 2

☐ Breakfast ☐ Lunch ☐ Dinner ☐ OMAD / Fasting: \_\_\_\_\_ HOURS

TIME	ITEMS	CALORIES	NET CARBS	TOTAL CARBS	FIBER	FAT	PROTEIN

Meal 3

☐ Breakfast ☐ Lunch ☐ Dinner ☐ OMAD / Fasting: \_\_\_\_\_ HOURS

TIME	ITEMS	CALORIES	NET CARBS	TOTAL CARBS	FIBER	FAT	PROTEIN

Snacks

TIME	ITEMS	CALORIES	NET CARBS	TOTAL CARBS	FIBER	FAT	PROTEIN



oz



oz



KETONE READINGS: \_\_\_\_\_ AM \_\_\_\_\_ PM

GLUCOSE READINGS: \_\_\_\_\_ AM \_\_\_\_\_ PM