PetranekFitness

Show Up. Don't Quit.

Daily Food Journal

_____ _____ _____

Date **Day #** **Day**

Time	BREAKFAST	Blocks	Protein	Fat	Carbs	Calories
	Breakfast Totals --					
Time	**SNACK**	Blocks	Protein	Fat	Carbs	Calories
	Snack Totals--					
Time	**LUNCH**	Blocks	Protein	Fat	Carbs	Calories
	Lunch Totals --					
Time	**SNACK**	Blocks	Protein	Fat	Carbs	Calories
	Snack Totals--					
Time	**DINNER**	Blocks	Protein	Fat	Carbs	Calories
	Dinner Totals:					
Time	**SNACK**	Blocks	Protein	Fat	Carbs	Calories
	Snack Totals--					
	TODAY'S GRAND TOTALS--					

TOTAL DAILY WATER CONSUMPTION: _____

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