**Client Daily Food Journal**

Week \_\_\_\_\_ , Day \_\_\_\_\_\_\_\_\_\_

Workout Time: \_\_\_\_\_\_\_\_\_\_\_\_

Meal 1 Time: \_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Protein/ Grams | Fat/ Grams | HE Carb/ Grams | LE Carb/ Grams  | Other/ Extra Calories  |
|  |  |  |  |  |

Meal 2 Time: \_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Protein/ Grams | Fat/ Grams | HE Carb/ Grams | LE Carb/ Grams  | Other/ Extra Calories  |
|  |  |  |  |  |

Meal 3 Time: \_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Protein/ Grams | Fat/ Grams | HE Carb/ Grams | LE Carb/ Grams  | Other/ Extra Calories  |
|  |  |  |  |  |

Meal 4 Time: \_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Protein/ Grams | Fat/ Grams | HE Carb/ Grams | LE Carb/ Grams  | Other/ Extra Calories  |
|  |  |  |  |  |

Meal 5 Time: \_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Protein/ Grams | Fat/ Grams | HE Carb/ Grams | LE Carb/ Grams  | Other/ Extra Calories  |
|  |  |  |  |  |

Meal 6 Time: \_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Protein/ Grams | Fat/ Grams | HE Carb/ Grams | LE Carb/ Grams  | Other/ Extra Calories  |
|  |  |  |  |  |

Meal 7 Time: \_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Protein/ Grams | Fat/ Grams | HE Carb/ Grams | LE Carb/ Grams  | Other/ Extra Calories  |
|  |  |  |  |  |

Meal 8 Time: \_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Protein/ Grams | Fat/ Grams | HE Carb/ Grams | LE Carb/ Grams  | Other/ Extra Calories  |
|  |  |  |  |  |

**Totals:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Protein/ Grams | Fat/ Grams | HE Carb/ Grams | LE Carb/ Grams  | Other/ Extra Calories  |
|  X 4  |  X 9  |  X 4 |  X 4 |  |
|  |  |  |  |  |

Total Calories: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ x \_\_\_\_\_\_\_\_\_ Days = \_\_\_\_\_\_\_\_\_\_ Calories

Water: (Approx. number of 8 oz. glasses): \_\_\_\_\_\_\_\_\_\_