

Daily Food Journal

Date: _____

Food Name	Portion Size	Pre-meal hunger 0-5	Post Meal Fullness 0-5	Comments
Breakfast: 45-60 g carbs, 1-2 oz protein 5-10 g fat				
Lunch: 45-60 g carbs, 3-4 oz protein 5-10 g fat				
Dinner: 45-60 g carbs, 3-4 oz protein 5-10 g fat				
Snacks: 15 g carbs				
Exercise: 30-60 min <input type="checkbox"/> Yes <input type="checkbox"/> No Activity: _____ 10-15 min activity after meals <input type="checkbox"/> Yes <input type="checkbox"/> No # of oz of water _____				