Food Diary

Name _____

Record everything you eat and then check off the food category at the bottom. Examples of serving sizes are one slice of bread, 1egg, 3 slices of tomato. Eat good quality fats and salt your food to taste. Record what kind of tea or juice you are drinking. Avoid refined products. Eat whole and fresh foods. Count your protein intake (PC) for every food. **You need a minimum of 75-80 grams of protein per day.**

	Day 1	PC	Day 2	PC	Day 3	PC	Day 4	PC	Day 5	PC
Snack										
Breakfast										
Snack										
Lunch										
Snack										
Dinner										
Snack										
TOTAL PROTEIN										

8 oz water	☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐	☐☐☐☐☐☐☐☐
Tea	☐☐☐☐	☐☐☐☐	☐☐☐☐	☐☐☐☐	☐☐☐☐
Juice	☐☐	☐☐	☐☐	☐☐	☐☐
Dairy	☐☐☐☐	☐☐☐☐	☐☐☐☐	☐☐☐☐	☐☐☐☐
Eggs	☐☐	☐☐	☐☐	☐☐	☐☐
Protein	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐
Whole grain	☐☐☐☐	☐☐☐☐	☐☐☐☐	☐☐☐☐	☐☐☐☐
Fruit	☐☐	☐☐	☐☐	☐☐	☐☐
Raw leafy veggies	☐☐	☐☐	☐☐	☐☐	☐☐
Other veggies	☐☐☐☐	☐☐☐☐	☐☐☐☐	☐☐☐☐	☐☐☐☐
Snacks	☐☐☐☐	☐☐☐☐	☐☐☐☐	☐☐☐☐	☐☐☐☐