|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Food Journal** | | | | | | | |
| **Monday** | | | Calories |  | **Tuesday** | | Calories |
| Breakfast |  | |  |  | Breakfast |  |  |
| Snack |  | |  |  | Snack |  |  |
| Lunch |  | |  |  | Lunch |  |  |
| Snack |  | |  |  | Snack |  |  |
| Dinner |  | |  |  | Dinner |  |  |
| Snack |  | |  |  | Snack |  |  |
| Total Calories | | |  |  | Total Calories | |  |
|  | |  |  |  |  |  |  |
| **Wednesday** | | | Calories |  | **Thursday** | | Calories |
| Breakfast | |  |  |  | Breakfast |  |  |
| Snack | |  |  |  | Snack |  |  |
| Lunch | |  |  |  | Lunch |  |  |
| Snack | |  |  |  | Snack |  |  |
| Dinner | |  |  |  | Dinner |  |  |
| Snack | |  |  |  | Snack |  |  |
| Total Calories | | |  |  | Total Calories | |  |
|  | |  |  |  |  |  |  |
| **Friday** | | | Calories |  | **Saturday** | | Calories |
| Breakfast | |  |  |  | Breakfast |  |  |
| Snack | |  |  |  | Snack |  |  |
| Lunch | |  |  |  | Lunch |  |  |
| Snack | |  |  |  | Snack |  |  |
| Dinner | |  |  |  | Dinner |  |  |
| Snack | |  |  |  | Snack |  |  |
| Total Calories | | |  |  | Total Calories | |  |
|  | |  |  |  |  |  |  |
| **Sunday** | | | Calories |  | **Notes** | | |
| Breakfast | |  |  |  |  | | |
| Snack | |  |  |  |
| Lunch | |  |  |  |
| Snack | |  |  |  |
| Dinner | |  |  |  |
| Snack | |  |  |  |
| Total Calories | | |  |  |
| [*source: www.neworchards.com*](https://www.neworchards.com) | | | |  |  | |  |
|  | | | | | | | |