|  |
| --- |
| **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) |  |  |  |
|  |