

# Carbs & Cals FOOD LOG

Date:

CARBS

CALS

PROTEIN

FAT

1

2

3

4

5

6

**BREAKFAST TOTAL:**

1

2

3

4

5

6

7

8

9

10

**LUNCH TOTAL:**

1

2

3

4

5

6

7

8

9

10

**DINNER TOTAL:**

**DAILY TOTAL:**