

# Food Diary

Record your food items and amounts. Tally up your intake at the bottom so you can see your progress. Your primary goal is to get >60 grams protein/day!

<b>Date:</b>			
<b>Food/Amount</b>	<b>Food/Amount</b>	<b>Food/Amount</b>	<b>Food/Amount</b>
Breakfast	Breakfast	Breakfast	Breakfast
Snack	Snack	Snack	Snack
Lunch	Lunch	Lunch	Lunch
Snack	Snack	Snack	Snack
Dinner	Dinner	Dinner	Dinner
Snack	Snack	Snack	Snack
Meat <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Milk <input type="checkbox"/> <input type="checkbox"/> Veg. <input type="checkbox"/> <input type="checkbox"/> Fruit <input type="checkbox"/> <input type="checkbox"/> Starch <input type="checkbox"/> <input type="checkbox"/> Fat <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fluid <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Protein grams:	Meat <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Milk <input type="checkbox"/> <input type="checkbox"/> Veg. <input type="checkbox"/> <input type="checkbox"/> Fruit <input type="checkbox"/> <input type="checkbox"/> Starch <input type="checkbox"/> <input type="checkbox"/> Fat <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fluid <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Protein grams:	Meat <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Milk <input type="checkbox"/> <input type="checkbox"/> Veg. <input type="checkbox"/> <input type="checkbox"/> Fruit <input type="checkbox"/> <input type="checkbox"/> Starch <input type="checkbox"/> <input type="checkbox"/> Fat <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fluid <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Protein grams:	Meat <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Milk <input type="checkbox"/> <input type="checkbox"/> Veg. <input type="checkbox"/> <input type="checkbox"/> Fruit <input type="checkbox"/> <input type="checkbox"/> Starch <input type="checkbox"/> <input type="checkbox"/> Fat <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fluid <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Protein grams: