

DAILY CALORIE CHART

Name _____

Date _____

Weight (lbs.) _____ Water (oz.) _____

Meal No. 1 Time: _____

FOOD ITEM	QUANTITY	CALORIES	PROTEIN(g)	CARBS (g)	FAT (g)	FIBER (g)	
MEAL NO. ONE TOTALS							

Meal No. 2 Time: _____

FOOD ITEM	QUANTITY	CALORIES	PROTEIN(g)	CARBS (g)	FAT (g)	FIBER (g)	
MEAL NO. TWO TOTALS							

Meal No. 3 Time: _____

FOOD ITEM	QUANTITY	CALORIES	PROTEIN(g)	CARBS (g)	FAT (g)	FIBER (g)	
MEAL NO. THREE TOTALS							

DAILY CALORIE CHART (cont.)

Meal No. 4 Time: _____

FOOD ITEM	QUANTITY	CALORIES	PROTEIN(g)	CARBS (g)	FAT (g)	FIBER (g)	
MEAL NO. FOUR TOTALS							

Meal No. 5 Time: _____

FOOD ITEM	QUANTITY	CALORIES	PROTEIN(g)	CARBS (g)	FAT (g)	FIBER (g)	
MEAL NO. FIVE TOTALS							

TOTALS	CALORIES	PROTEIN(g)	CARBS (g)	FAT (g)	FIBER (g)	
	Protein (cal)	Carbs (cal)	Fat (cal)			
	Protein (% cal)	Carbs (% cal)	Fat (% cal)			

FOOD ITEM	QUANTITY	CALORIES	PROTEIN(g)	CARBS (g)	FAT (g)	FIBER (g)	
PER MEAL AVERAGES							