

DAILY NUTRITION JOURNAL

NAME:

WEEK:

1

DAY:

1,3,5

DATE:

MEAL	FOOD/BEV CHOICE	TIME	QTY.	CALS.	CARBS	PROTEIN	FAT
1	TOTAL WH GRN CERL	7:00 AM	3/4 CUP	100	22	2	0.5
	SWTENED ALM MLK		1 CUP	59	6.33	1.48	3.51
	PLUM		1 SMALL	40	8.7	0.5	0.8
	MEAL TOTALS		0	199	37.03	3.98	4.81
2	OIKOS GREEK YOGRT	10:00 AM	1 CNTR	160	18	11	4.5
	STRAWBERRY						
	LIGHTLY SALTED DRY		1 TBLS	53	2	2.3	4.7
	ROASTED PNTS						
	MEAL TOTALS			213	20	13.3	9.2
3	GRDN SALAD W VEG	1:00 PM	3 CUPS	174	6.39	28.47	3.39
	CHICKEN		3 OZ				
	SKINLESS/BONELESS						
	WATER		8 OZ	0	0	0	0
	MEAL TOTALS			174	6.39	28.47	3.39
4	CHICKEN BREAST	4:00 PM	2 SMALL	123	0	23.07	2.66
	SKINLESS/ BONELESS						
	COOKED SPINACH		1 CUP	61	9.75	7.58	0.95
	LEAF FROM FROZEN						
	PINEAPPLE JUICE		1/2 CUP	60	14.2	0.6	0.16
	MEAL TOTALS			244	23.95	31.25	3.77
5	CHICKEN BREAST	7:00 PM	2 SMALL	123	0	23.07	2.66
	SKINLESS/ BONELESS						
	COOKED SPINACH		1 CUP	61	9.75	7.58	0.95
	LEAF FROM FROZEN						
	WATER		8 OZ	0	0	0	0
	MEAL TOTALS			184	9.75	30.65	3.61
6	94 % FF MICROWV	10:00 PM	1/2 BAG	160	29	4	2.5
	BUTTER POPCORN						
	MEAL TOTALS			160	29	4	2.5
GRAND TOTALS				1174	126.12	111.65	27.28