

Sample Daily Food Tracker – #writedownwhatyoueat

Day & Date: Monday, Sept 19			
Meal/Time	Food /Drink	Calories	Notes
Breakfast	Black coffee no sugar	5	
	Oatmeal	150	
	1 cup strawberries	50	
Snack	Apple	100	
Lunch	Garden salad with grilled chicken	300	No skin on chicken
	2 tbsp. Olive oil dressing	200	
Snack	1 plain or Greek yogurt	100	
Dinner	Grilled salmon (4 oz.)	150	
	1 cup of broccoli	30	
	½ cup brown rice	110	
Snack	½ cup baby carrots	25	
Total Calories		<u>1,220</u>	

Note: **This is a sample food log** that would be ideal for a person whose daily caloric target is 1200 calories. Keep in mind this is low and would be ideal for a person who is trying to lose weight quickly.

You can download this file and use the template to record your daily food intake everyday or simply jot down what you eat on your mobile device. Just track each meal and don't forget....drinks count....so don't drink soda, juice, etc.....which are simply wasted calories!

Tracking what you eat is really important as it will help you figure out what you need to change in your diet. Hopefully this template will lend more structure for you to #writedownwhatyoueat on a daily basis!

My Daily Food Tracker – #writedownwhatyoueat

Day & Date: Update accordingly			
Meal/Time	Food /Drink	Calories	Notes
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			
Total Calories			