

# NUTRITION JOURNAL



DATE: \_\_\_\_\_

WATER COUNT: \_\_\_\_\_

MEAL 1	CALORIES	PROTEI N	CARBS	FAT
MEAL 2	CALORIES	PROTEI N	CARBS	FAT
MEAL 3	CALORIES	PROTEI N	CARBS	FAT
MEAL 4	CALORIES	PROTEI N	CARBS	FAT
MEAL 5	CALORIES	PROTEI N	CARBS	FAT
MEAL 6	CALORIES	PROTEI N	CARBS	FAT

<b>DAILY TOTALS</b>	<i>CALORIES</i>	<i>PROTEIN</i>	<i>CARBS</i>	<i>FAT</i>
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