Date: \_\_\_\_\_\_ Blood Glucose: Weight:

Nutri Keto Food Journal

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | | | Fat | Protein | Carbohydrate |
| Daily Allowance of Macro Nutrients: | | |  |  |  |
| Breakfast | | |  | | |
| Food | | Quantity |  |  |  |
|  | |  |  |  |  |
|  | |  |  |  |  |
|  | |  |  |  |  |
|  | |  |  |  |  |
|  | |  |  |  |  |
|  | |  |  |  |  |
|  | |  |  |  |  |
| Sub Total Breakfast | | |  |  |  |
| Lunch | | |  | | |
| Food | Quantity | |  |  |  |
|  |  | |  |  |  |
|  |  | |  |  |  |
|  |  | |  |  |  |
|  |  | |  |  |  |
|  |  | |  |  |  |
|  |  | |  |  |  |
|  |  | |  |  |  |
| Sub Total Lunch | | |  |  |  |
| Dinner | | |  | | |
| Food | Quantity | |  |  |  |
|  |  | |  |  |  |
|  |  | |  |  |  |
|  |  | |  |  |  |
|  |  | |  |  |  |
|  |  | |  |  |  |
|  |  | |  |  |  |
|  |  | |  |  |  |
| Sub Total Dinner | | |  |  |  |
| Daily Total | | |  |  |  |
|  | | |  |  |  |