

Food Journal

Monday	Tuesday	Wednesday	Thursday
Breakfast	Breakfast	Breakfast	Breakfast
Protein/Whole Grains/Fruit	Protein/Whole Grains/Fruit	Protein/Whole Grains/Fruit	Protein/Whole Grains/Fruit
Snack	Snack	Snack	Snack
Lunch	Lunch	Lunch	Lunch
Protein/Whole Grains/Fruit/Vegetable	Protein/Whole Grains/Fruit/Vegetable	Protein/Whole Grains/Fruit/Vegetable	Protein/Whole Grains/Fruit/Vegetable
Snack	Snack	Snack	Snack
Dinner	Dinner	Dinner	Dinner
Protein/Whole Grains/Fruit/Vegetable	Protein/Whole Grains/Fruit/Vegetable	Protein/Whole Grains/Fruit/Vegetable	Protein/Whole Grains/Fruit/Vegetable
Snack	Snack	Snack	Snack
Water0000000	Water0000000	Water0000000	Water0000000
Multivitamin ☐ Ca+Vit D ☐	Multivitamin □ Ca+Vit D □	Multivitamin ☐ Ca+Vit D ☐	Multivitamin □ Ca+Vit D □
High Pro Drink □			



Food Journal

Friday	Saturday	Sunday	Weekly Goal:
Breakfast	Breakfast	Breakfast	
Protein/Whole Grains/Fruit	Protein/Whole Grains/Fruit	Protein/Whole Grains/Fruit	
Snack	Snack	Snack	Challenge:
			One challenge for me this week was:
Lunch	Lunch	Lunch	
	Protein/Whole Grains/Fruit/Vegetable	Protein/Whole Grains/Fruit/Vegetable	
Protein/Whole Grains/Fruit/Vegetable			
Snack	Snack	Snack	Overcoming:
Dinner	Dinner	Dinner	I decided to approach this challenge by:
-			by.
			Questions:
			Questions.
Protein/Whole Grains/Fruit/Vegetable	Protein/Whole Grains/Fruit/Vegetable	Protein/Whole Grains/Fruit/Vegetable	
Snack	Snack	Snack	
WaterOOOOO	WaterOOOOO	WaterOOOOOO	-
Water 0000000	Water 000000	WaterOOOOOO	
Multivitamin ☐ Ca+Vit D ☐	Multivitamin ☐ Ca+Vit D ☐	Multivitamin ☐ Ca+Vit D ☐	
High Pro Drink □	High Pro Drink □	High Pro Drink □	