

Eating Log by Food Categories

Meal	Nutrition Group	Date	Date	Date
What time did you wake up:				
Breakfast: Time	Carbs complex (fiber)			
	Carbs simple (sugar)			
	Fat – unsaturated or poly unsaturated			
	Fat – saturated or trans			
	Protein			
Snack time:				
Lunch: Time	Carbs complex (fiber)			
	Carbs simple (sugar)			
	Fat – unsaturated or poly unsaturated			
	Fat – saturated or trans			
	Protein			
Snack time:				
Diner: Time	Carbs complex (fiber)			
	Carbs simple (sugar)			
	Fat – unsaturated or poly unsaturated			
	Fat – saturated or trans			
	Protein			
Snack time:				
What time did you go to sleep:				
Total calories consumed in the day:	Carb complex			
	Sugar			
	Fat – unsaturated			
	Fat – saturated			
	Protein			
Total calories for the day				