

# NUTRITION JOURNAL

DATE: \_\_\_ / \_\_\_ / \_\_\_ WEEK: \_\_\_\_\_ DAY: \_\_\_\_\_

| MEAL TIME               | FOOD CONSUMED | TOTAL CAL<br>PER MEAL | TOTAL GRAMS<br>PER MEAL |      |     | Exchange<br>Grp |
|-------------------------|---------------|-----------------------|-------------------------|------|-----|-----------------|
|                         |               |                       | Pro                     | Carb | Fat |                 |
| <b>1</b> ___ :<br>AM/PM |               |                       |                         |      |     |                 |
| <b>2</b> ___ :<br>AM/PM |               |                       |                         |      |     |                 |
| <b>3</b> ___ :<br>AM/PM |               |                       |                         |      |     |                 |
| <b>4</b> ___ :<br>AM/PM |               |                       |                         |      |     |                 |
| <b>5</b> ___ :<br>AM/PM |               |                       |                         |      |     |                 |
| <b>6</b> ___ :<br>AM/PM |               |                       |                         |      |     |                 |