Daily Food Intake Log **Name**

Day 1 2 3 (circle day) **Date_____**

FOOD	AMOUNT / SERVING SIZE	MEAL BR/LN/DN or Snack
Ezekiel Bread	2 slices	BR
Polaner Sugar Free Jelly	1 Tablespoon	BR
Egg Whites	4	BR
ISO Vanilla Protein Shake	1 serving	Snack
Rice Cake	2 slices	Snack
Dannon light and fit Greek yogurt	1 serving	LN
Chicken	3 ounces	LN
Mixed Green Salad	2 cups	LN
Chicken	3 ounces	LN
Sweet Potatoes	3 ounces	LN
Medium Apple	1	LN
ISO Vanilla Protein Shake	1 serving	Snack
Rice Cake	2 slices	Snack
Shrimp	4 ounces	DN
Mixed Vegetables	1 cup	DN

Daily Food Intake Log **Name**

Day 1 2 3 (circle day) **Date**

FOOD	AMOUNT / SERVING SIZE	MEAL BR/LN/DN or Snack
Egg Whites	4 ounces	BR
Spinach	½ cup	BR
Oats	¼ cup	BR
ISO Vanilla Protein Shake	1 serving	Snack
Mixed Fruit	1 cup	Snack
Cod	4 ounces	LN
Sweet Potatoes	½ cup	LN
Green Beans	1 cup	LN
Chicken	4 ounces	LN
Green Salad	2 cups	LN
Salmon	3 ounces	DN
Mixed Vegetables	1 cup	DN
ISO Vanilla Protein Shake	1 serving	Snack

Daily Food Intake Log **Name**

Day 1 2 3 (circle day) **Date**

FOOD	AMOUNT / SERVING SIZE	MEAL BR/LN/DN or Snack
Egg Whites	4	BR
Polaner Sugar Free Jelly	1 Tablespoon	BR
Ezekiel Bread	2 slices	BR
Dannon Light and Fit Greek Yogurt	1 serving	Snack
ISO Vanilla Protein Shake	1 serving	Snack
Chicken	3 ounces	LN
Sweet Potatoes	3 ounces	LN
Medium Apple	1	LN
ISO Vanilla Protein Shake	1 serving	Snack
Rice Cakes	2 slices	Snack
Ground Turkey	3 ounces	DN
Mixed Vegetables	1 cup	DN
ISO Vanilla Protein Shake	1 serving	Snack
