

Food Item/Portion Size Date:	CARB/ Calorie	Food Item/Portion Size Date:	CARB/ Calorie	Food Item/Portion Size Date:	CARB/ Calorie
B		B		B	
Total Carbohydrate		Total Carbohydrate		Total Carbohydrate	
L		L		L	
Total Carbohydrate		Total Carbohydrate		Total Carbohydrate	
D		D		D	
Total Carbohydrate		Total Carbohydrate		Total Carbohydrate	
Sn		Sn		Sn	
Total Calories		Total Calories		Total Calories	

Food Item/Portion Size Date:	CARB/ Calorie	Food Item/Portion Size Date:	CARB/ Calorie	Food Item/Portion Size Date:	CARB/ Calorie
B		B		B	
Total Carbohydrate		Total Carbohydrate		Total Carbohydrate	
L		L		L	
Total Carbohydrate		Total Carbohydrate		Total Carbohydrate	
D		D		D	
Total Carbohydrate		Total Carbohydrate		Total Carbohydrate	
Sn		Sn		Sn	
Total Calories		Total Calories		Total Calories	

Date: \_\_\_\_\_ Weight: \_\_\_\_\_ Average Calories: \_\_\_\_\_

Food Item/Portion Size Date:	CARB/ Calorie	Food Item/Portion Size Date:	CARB/ Calorie	Food Item/Portion Size Date:	CARB/ Calorie
B		B		B	
Total Carbohydrate		Total Carbohydrate		Total Carbohydrate	
L		L		L	
Total Carbohydrate		Total Carbohydrate		Total Carbohydrate	
D		D		D	
Total Carbohydrate		Total Carbohydrate		Total Carbohydrate	
Sn		Sn		Sn	
Total Calories		Total Calories		Total Calories	

Food Item/Portion Size Date:	CARB/ Calorie	Food Item/Portion Size Date:	CARB/ Calorie	Food Item/Portion Size Date:	CARB/ Calorie
B		B		B	
Total Carbohydrate		Total Carbohydrate		Total Carbohydrate	
L		L		L	
Total Carbohydrate		Total Carbohydrate		Total Carbohydrate	
D		D		D	
Total Carbohydrate		Total Carbohydrate		Total Carbohydrate	
Sn		Sn		Sn	
Total Calories		Total Calories		Total Calories	
Date: _____ Weight: _____ Average Calories: _____					