

Diet Log

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Snack							
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							
Other							

Protein	□□□□□	□□□□□	□□□□□	□□□□□	□□□□□	□□□□□	□□□□□
Carbohydrates	□□□□□	□□□□□	□□□□□	□□□□□	□□□□□	□□□□□	□□□□□
Calcium	□□□□	□□□□	□□□□	□□□□	□□□□	□□□□	□□□□
Green leafy veggies	□□	□□	□□	□□	□□	□□	□□
Yellow fruits/veggies	□	□	□	□	□	□	□
Other fruits/veggies	□□	□□	□□	□□	□□	□□	□□
Vitamin C foods	□□	□□	□□	□□	□□	□□	□□
Iron-rich foods	□	□	□	□	□	□	□
Healthy fats	□□	□□	□□	□□	□□	□□	□□
Water to thirst (6-8 glasses)	□□□□□□□□	□□□□□□□□	□□□□□□□□	□□□□□□□□	□□□□□□□□	□□□□□□□□	□□□□□□□□
Salt to taste	□	□	□	□	□	□	□