# vegetables-for-healthy-brain.jpgmatcha-fruit-smoothie.jpgC:\Users\Paolo.Asuncion\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\X4T1SDHE\MPj04331870000[1].jpg Daily Food Diary: [Click here to enter a date.]

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Breakfast | # Servings | Est. Calories | % Daily Target | Comments |
| Grains |  |  |  |  |
| Vegetables |  |  |  |  |
| Fruits |  |  |  |  |
| Dairy |  |  |  |  |
| Protein |  |  |  |  |
| Water |  |  |  |  |
| Caffeinated Drinks |  |  |  |  |
| Fruit juice |  |  |  |  |
| Other… |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Lunch | # Servings | Est. Calories | % Daily Target | Comments |
| Grains |  |  |  |  |
| Vegetables |  |  |  |  |
| Fruits |  |  |  |  |
| Dairy |  |  |  |  |
| Protein |  |  |  |  |
| Water |  |  |  |  |
| Caffeinated Drinks |  |  |  |  |
| Fruit juice |  |  |  |  |
| Other… |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Dinner | # Servings | Est. Calories | % Daily Target | Comments |
| Grains |  |  |  |  |
| Vegetables |  |  |  |  |
| Fruits |  |  |  |  |
| Dairy |  |  |  |  |
| Protein |  |  |  |  |
| Water |  |  |  |  |
| Caffeinated Drinks |  |  |  |  |
| Fruit juice |  |  |  |  |
| Other… |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Snacks | # Servings | Est. Calories | % Daily Target | Comments |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

### \*Notes on today: [Select an item from the list, if applicable.]

### \*If today is a weigh-in day, enter your weight (lbs or kg): [Type your weight or type N/A]