

Daily Food Diary

This worksheet can be used to track diet goals. Goals should always be developed with a physician's advice. Enter meal information in the white boxes. Excel will calculate the results in the yellow boxes.

Guidelines	
Max. daily calories:	2500
Max. daily fat grams:	55

Meal	Food Eaten	Serving Size	Amount In Minutes	Protein Grams	Fat Grams	Carb Grams	Calories Consumed	Calories Burned	Comments
Workout 7-8AM	Running or Biking		45					-900	
Breakfast 8:15-8:30AM	Oats	3/4 Cup		7.5	4.5	40	225		
	Egg Whites	1/4 Cup		6	0	1	30		
	Whey	2 Scoops		40	1	12	208		
	Water	8oz			0		0		
	Peanut Butter	1 Tblspn		3.5	9	6	100		
Snack 10:30AM	Egg Whites	1/4 Cup		6	0	1	30		
	Whey	2 Scoops		40	1	12	208		
	Water	8oz			0		0		
Lunch 12:30PM	Chicken	6oz		53.4	6		284		
Snack 2:30PM	Chicken	6oz		53.4	6		284		
	Brown Rice	1/2 Cup		2.5	1.5	21.5	110		
Workout 5PM	Weight Training		45					-900	
Dinner 6:30PM	Steak	6oz		51	12		320		
	Strawberries	1 Cup		1	1	21	77		
	VPX Protein Rush	17oz		40	6		260		
Snack 8:45-9PM	Chicken	6oz		53.4	6		284		
Water	() () () () () () () ()								
			90	357.7	54	114.5	2420	-1800	

% fat of total calories consumed:	20%
Total grams consumed:	526.20
% fat of total grams consumed:	10.26%
of carbohydrates grams consumed:	21.76%
% of protein grams consumed:	67.98%
Over/Under Against Daily Calories:	80 calories under target
Over/Under Against Daily Fat Grams:	1 grams under target

1 Fat Gram Equals 9 Calories
1 Protein or Carbohydrate Gram Equals 4 Calories