

# XF 6-WEEK FOOD & WORKOUT LOG 2023

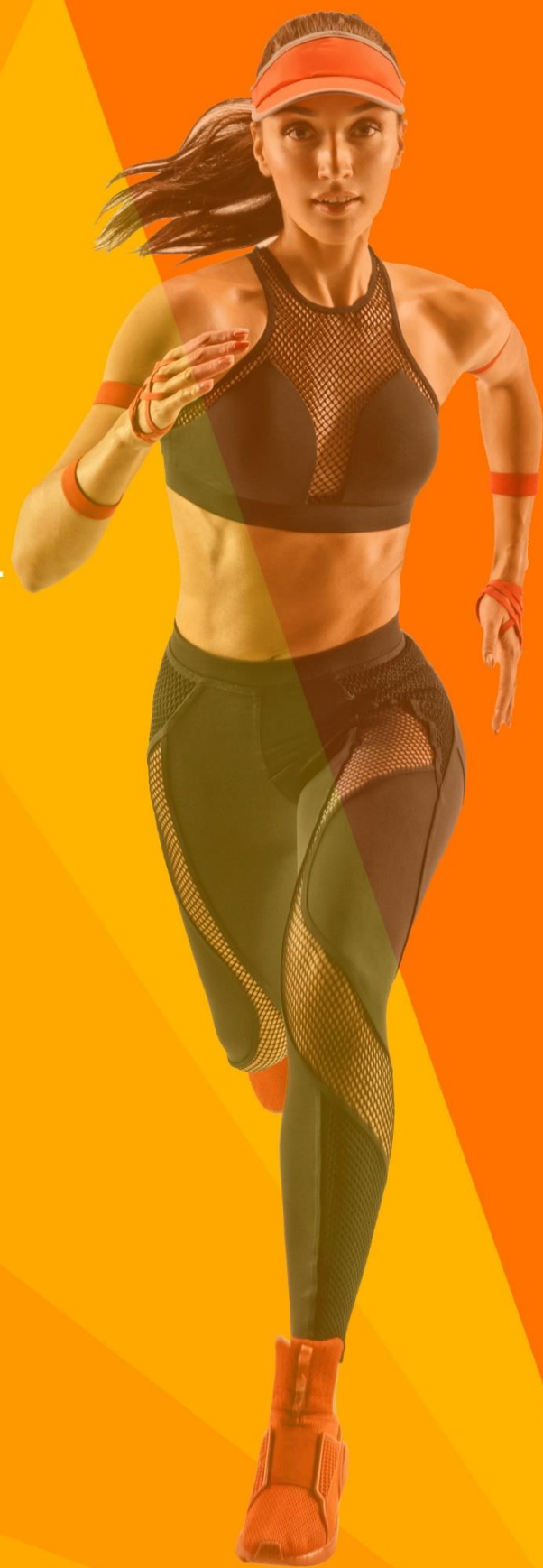
**INCLUDES SAMPLE  
MEAL PLANS,  
RECIPES, WORKOUT  
AND FOOD LOG,  
AND MORE!**



Powered by

**XPERIENCE**  
FITNESS

FITNESS IS NOT  
ABOUT BEING  
BETTER THAN  
SOMEONE ELSE -  
**IT'S ABOUT  
BEING BETTER  
THAN YOU  
USED TO BE.**



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# WELCOME

Welcome to Fit6!

Organizing your entire fitness plan can be overwhelming. Depending on what your goals are, you might be keeping track of your calories, foods eaten, and minutes spent at the gym, all while trying to juggle work, family, and a social life. On top of that, reaching your goals won't happen overnight. Fitness goals often take months if not years to be realized.

With all that said, we are here to offer any kind of help we can. We try to give our clients the best possible environment to succeed, but sometimes it takes more than a strict gym schedule to get over the hump. That is why we have created this comprehensive fitness planner. The following pages will include charts with exercises and meal plans so you can easily organize your entire regimen and diet on a week-to-week basis.

We are also including two free personal training sessions where you will be able to work with one of our friendly and professional fitness coaches who will work almost as hard as you to help you get to where you want to be!

Fit6 has everything you need!



# GOAL STATEMENT TEAR OUTS

To accomplish your goal, you will need to have vision and focus.

A clear vision of what you want and what is needed to 'get there' is important. Focus and daily reminders of what needs to be done to get to your goal are necessary for success. Below, decide and commit to what you will strive for daily (Today I Will), determine what you will commit to for the next month ("This Month I Will), and overall commit to what you WILL do (I Will). Then tear out your commitment and put it somewhere you will see every day!

---

TODAY I WILL:

---

THIS MONTH I WILL:

---

I WILL:

---





# EXERCISE JOURNAL



**XPERIENCE**  
FITNESS

# EXERCISE JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: 1

DAY: 1

TODAY'S WEIGHT: \_\_\_\_\_

HOW I FEEL \_\_\_\_\_

		SET 1		SET 2		SET 3			
EXERCISE		REST / NOTES		REPS	WT/ TIME	REPS	WT/ TIME	REPS	WT/ TIME
PRE WORK									
1									
2									
3									
4									
SESSION									
1A									
1B									
2A									
2B									
3A									
3B									
3C									
METABOLIC									
1									
2A									
2B									
POST WORK									
1									
2									
3									
4									
TOTAL CALORIES BURNED:									

# EXERCISE JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: 1

DAY: 2

TODAY'S WEIGHT: \_\_\_\_\_

HOW I FEEL \_\_\_\_\_

CARDIO			
TIME (MIN)	LEVEL	RPE	MAX HR ACHIEVED
Total			

NOTES:	TOTAL CALORIES BURNED:

# EXERCISE JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: 1

DAY: 3

TODAY'S WEIGHT: \_\_\_\_\_

HOW I FEEL \_\_\_\_\_

			SET 1		SET 2		SET 3	
EXERCISE			REPS	WT/ TIME	REPS	WT/ TIME	REPS	WT/ TIME
PRE WORK								
1								
2								
3								
4								
SESSION								
1A								
1B								
2A								
2B								
3A								
3B								
3C								
METABOLIC								
1								
2A								
2B								
POST WORK								
1								
2								
3								
4								
TOTAL CALORIES BURNED:								

# EXERCISE JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: 1

DAY: 4

TODAY'S WEIGHT: \_\_\_\_\_

HOW I FEEL \_\_\_\_\_

CARDIO			
TIME (MIN)	LEVEL	RPE	MAX HR ACHIEVED
Total			

NOTES:	<b>TOTAL CALORIES BURNED:</b>

# EXERCISE JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK:   2  

DAY:   1  

TODAY'S WEIGHT: \_\_\_\_\_

HOW I FEEL \_\_\_\_\_

		SET 1		SET 2		SET 3	
EXERCISE		REPS	WT/ TIME	REPS	WT/ TIME	REPS	WT/ TIME
PRE WORK							
1							
2							
3							
4							
SESSION							
1A							
1B							
2A							
2B							
3A							
3B							
3C							
METABOLIC							
1							
2A							
2B							
POST WORK							
1							
2							
3							
4							
<b>TOTAL CALORIES BURNED:</b>							

# EXERCISE JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK:   2  

DAY:   2  

TODAY'S WEIGHT: \_\_\_\_\_

HOW I FEEL \_\_\_\_\_

CARDIO			
TIME (MIN)	LEVEL	RPE	MAX HR ACHIEVED
Total:			

NOTES:	TOTAL CALORIES BURNED:

# EXERCISE JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: 2

DAY: 3

TODAY'S WEIGHT: \_\_\_\_\_

HOW I FEEL \_\_\_\_\_

		SET 1		SET 2		SET 3	
EXERCISE		REPS	WT/TIME	REPS	WT/TIME	REPS	WT/TIME
PRE WORK							
1							
2							
3							
4							
SESSION							
1A							
1B							
2A							
2B							
3A							
3B							
3C							
METABOLIC							
1							
2A							
2B							
POST WORK							
1							
2							
3							
4							
TOTAL CALORIES BURNED:							

# EXERCISE JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK:   2  

DAY:   4  

TODAY'S WEIGHT: \_\_\_\_\_

HOW I FEEL \_\_\_\_\_

CARDIO			
TIME (MIN)	LEVEL	RPE	MAX HR ACHIEVED
Total:			

NOTES:	TOTAL CALORIES BURNED:

# EXERCISE JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: 3

DAY: 1

TODAY'S WEIGHT: \_\_\_\_\_

HOW I FEEL \_\_\_\_\_

	EXERCISE	REST / NOTES	SET 1		SET 2		SET 3	
			REPS	WT/ TIME	REPS	WT/ TIME	REPS	WT/ TIME
<b>PRE WORK</b>								
1								
2								
3								
4								
<b>SESSION</b>								
1A								
1B								
2A								
2B								
3A								
3B								
3C								
<b>METABOLIC</b>								
1								
2A								
2B								
<b>POST WORK</b>								
1								
2								
3								
4								
<b>TOTAL CALORIES BURNED:</b>								

# EXERCISE JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: 3

DAY: 2

TODAY'S WEIGHT: \_\_\_\_\_

HOW I FEEL \_\_\_\_\_

CARDIO			
TIME (MIN)	LEVEL	RPE	MAX HR ACHIEVED
Total:			

NOTES:	TOTAL CALORIES BURNED:

# EXERCISE JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: 3

DAY: 3

TODAY'S WEIGHT: \_\_\_\_\_

HOW I FEEL \_\_\_\_\_

			SET 1		SET 2		SET 3	
EXERCISE			REPS	WT/ TIME	REPS	WT/ TIME	REPS	WT/ TIME
PRE WORK								
1								
2								
3								
4								
SESSION								
1A								
1B								
2A								
2B								
3A								
3B								
3C								
METABOLIC								
1								
2A								
2B								
POST WORK								
1								
2								
3								
4								
TOTAL CALORIES BURNED:								

# EXERCISE JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: 3

DAY: 4

TODAY'S WEIGHT: \_\_\_\_\_

HOW I FEEL \_\_\_\_\_

CARDIO			
TIME (MIN)	LEVEL	RPE	MAX HR ACHIEVED
Total:			

NOTES:	TOTAL CALORIES BURNED:

# EXERCISE JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: 4

DAY: 1

TODAY'S WEIGHT: \_\_\_\_\_

HOW I FEEL \_\_\_\_\_

			SET 1		SET 2		SET 3	
EXERCISE			REPS	WT/ TIME	REPS	WT/ TIME	REPS	WT/ TIME
PRE WORK								
1								
2								
3								
4								
SESSION								
1A								
1B								
2A								
2B								
3A								
3B								
3C								
METABOLIC								
1								
2A								
2B								
POST WORK								
1								
2								
3								
4								
TOTAL CALORIES BURNED:								

# EXERCISE JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: 4

DAY: 2

TODAY'S WEIGHT: \_\_\_\_\_

HOW I FEEL \_\_\_\_\_

CARDIO			
TIME (MIN)	LEVEL	RPE	MAX HR ACHIEVED
Total:			

NOTES:	TOTAL CALORIES BURNED:

# EXERCISE JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: 4

DAY: 3

TODAY'S WEIGHT: \_\_\_\_\_

HOW I FEEL \_\_\_\_\_

			SET 1		SET 2		SET 3	
EXERCISE			REPS	WT/ TIME	REPS	WT/ TIME	REPS	WT/ TIME
PRE WORK								
1								
2								
3								
4								
SESSION								
1A								
1B								
2A								
2B								
3A								
3B								
3C								
METABOLIC								
1								
2A								
2B								
POST WORK								
1								
2								
3								
4								
TOTAL CALORIES BURNED:								

# EXERCISE JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: 4

DAY: 4

TODAY'S WEIGHT: \_\_\_\_\_

HOW I FEEL \_\_\_\_\_

CARDIO				
TIME (MIN)	LEVEL	INCLINE	RPE	MAX HR ACHIEVED
<b>Total:</b>				

NOTES:	<b>TOTAL CALORIES BURNED:</b>

# EXERCISE JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: 5

DAY: 1

TODAY'S WEIGHT: \_\_\_\_\_

HOW I FEEL \_\_\_\_\_

			SET 1		SET 2		SET 3	
EXERCISE			REPS	WT/ TIME	REPS	WT/ TIME	REPS	WT/ TIME
PRE WORK								
1								
2								
3								
4								
SESSION								
1A								
1B								
2A								
2B								
3A								
3B								
3C								
METABOLIC								
1								
2A								
2B								
POST WORK								
1								
2								
3								
4								
TOTAL CALORIES BURNED:								

# EXERCISE JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: 5

DAY: 2

TODAY'S WEIGHT: \_\_\_\_\_

HOW I FEEL \_\_\_\_\_

CARDIO			
TIME (MIN)	LEVEL	RPE	MAX HR ACHIEVED
Total:			

NOTES:	TOTAL CALORIES BURNED:

# EXERCISE JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: 5

DAY: 3

TODAY'S WEIGHT: \_\_\_\_\_

HOW I FEEL \_\_\_\_\_

			SET 1		SET 2		SET 3	
EXERCISE			REPS	WT/ TIME	REPS	WT/ TIME	REPS	WT/ TIME
PRE WORK								
1								
2								
3								
4								
SESSION								
1A								
1B								
2A								
2B								
3A								
3B								
3C								
METABOLIC								
1								
2A								
2B								
POST WORK								
1								
2								
3								
4								
TOTAL CALORIES BURNED:								

# EXERCISE JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: 5

DAY: 4

TODAY'S WEIGHT: \_\_\_\_\_

HOW I FEEL \_\_\_\_\_

CARDO			
TIME (MIN)	LEVEL	RPE	MAX HR ACHIEVED
Total:			

NOTES:	TOTAL CALORIES BURNED:

# EXERCISE JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: 6

DAY: 1

TODAY'S WEIGHT: \_\_\_\_\_

HOW I FEEL \_\_\_\_\_

	EXERCISE	REST / NOTES	SET 1		SET 2		SET 3	
			REPS	WT/ TIME	REPS	WT/ TIME	REPS	WT/ TIME
PRE WORK								
1								
2								
3								
4								
SESSION								
1A								
1B								
2A								
2B								
3A								
3B								
3C								
METABOLIC								
1								
2A								
2B								
POST WORK								
1								
2								
3								
4								
TOTAL CALORIES BURNED:								

# EXERCISE JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: 6

DAY: 2

TODAY'S WEIGHT: \_\_\_\_\_

HOW I FEEL \_\_\_\_\_

CARDIO				
TIME (MIN)	LEVEL	INCLINE	RPE	MAX HR ACHIEVED
Total: 30 min				

NOTES:	TOTAL CALORIES BURNED:

# EXERCISE JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: 6

DAY: 3

TODAY'S WEIGHT: \_\_\_\_\_

HOW I FEEL \_\_\_\_\_

			SET 1		SET 2		SET 3	
EXERCISE			REPS	WT/ TIME	REPS	WT/ TIME	REPS	WT/ TIME
PRE WORK								
1								
2								
3								
4								
SESSION								
1A								
1B								
2A								
2B								
3A								
3B								
3C								
METABOLIC								
1								
2A								
2B								
POST WORK								
1								
2								
3								
4								
TOTAL CALORIES BURNED:								

# EXERCISE JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: 6

DAY: 4

TODAY'S WEIGHT: \_\_\_\_\_

HOW I FEEL \_\_\_\_\_

CARDIO			
TIME (MIN)	LEVEL	RPE	MAX HR ACHIEVED
Total:			

NOTES:	TOTAL CALORIES BURNED:

# NUTRITION AND SUPPLEMENTS JOURNAL



**XPERIENCE**  
FITNESS

# NUTRITION / SUPPLEMENT JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: \_\_\_\_\_

DAY: \_\_\_\_\_

MEAL 1					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 1					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

MEAL 2					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 2					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

MEAL 3					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 3 (OPTIONAL)					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## TOTALS

CALORIES:	
PROTEIN (g):	
CARBS (g):	
FAT (g):	
MY BREAK-EVEN POINT:	
CALORIES BURNED THROUGH EXERCISE:	
+ / - FOR TODAY:	
+ / - FOR WEEK:	

# NUTRITION / SUPPLEMENT JOURNAL

TODAY'S DATE \_\_\_\_/\_\_\_\_/\_\_\_\_

WEEK: \_\_\_\_\_

DAY: \_\_\_\_\_

## MEAL 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## MEAL 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

MEAL 3					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 3 (OPTIONAL)					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

# TOTALS

CALORIES:	
PROTEIN (g):	
CARBS (g):	
FAT (g):	
MY BREAK-EVEN POINT:	
CALORIES BURNED THROUGH EXERCISE:	
+ / - FOR TODAY:	
+ / - FOR WEEK:	

# NUTRITION / SUPPLEMENT JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: \_\_\_\_\_

DAY: \_\_\_\_\_

MEAL 1					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 1					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

MEAL 2					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 2					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

MEAL 3					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 3 (OPTIONAL)					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## TOTALS

CALORIES:	
PROTEIN (g):	
CARBS (g):	
FAT (g):	
MY BREAK-EVEN POINT:	
CALORIES BURNED THROUGH EXERCISE:	
+ / - FOR TODAY:	
+ / - FOR WEEK:	

# NUTRITION / SUPPLEMENT JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: \_\_\_\_\_

DAY: \_\_\_\_\_

## MEAL 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## MEAL 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

MEAL 3					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 3 (OPTIONAL)					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## TOTALS

CALORIES:	
PROTEIN (g):	
CARBS (g):	
FAT (g):	
MY BREAK-EVEN POINT:	
CALORIES BURNED THROUGH EXERCISE:	
+ / - FOR TODAY:	
+ / - FOR WEEK:	

# NUTRITION / SUPPLEMENT JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: \_\_\_\_\_

DAY: \_\_\_\_\_

## MEAL 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## MEAL 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

MEAL 3					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 3 (OPTIONAL)					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## TOTALS

CALORIES:	
PROTEIN (g):	
CARBS (g):	
FAT (g):	
MY BREAK-EVEN POINT:	
CALORIES BURNED THROUGH EXERCISE:	
+ / - FOR TODAY:	
+ / - FOR WEEK:	

# NUTRITION / SUPPLEMENT JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: \_\_\_\_\_

DAY: \_\_\_\_\_

## MEAL 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## MEAL 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

MEAL 3					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 3 (OPTIONAL)					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## TOTALS

CALORIES:	
PROTEIN (g):	
CARBS (g):	
FAT (g):	
MY BREAK-EVEN POINT:	
CALORIES BURNED THROUGH EXERCISE:	
+ / - FOR TODAY:	
+ / - FOR WEEK:	

# NUTRITION / SUPPLEMENT JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: \_\_\_\_\_

DAY: \_\_\_\_\_

MEAL 1					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 1					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

MEAL 2					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 2					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

MEAL 3					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 3 (OPTIONAL)					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## TOTALS

CALORIES:	
PROTEIN (g):	
CARBS (g):	
FAT (g):	
MY BREAK-EVEN POINT:	
CALORIES BURNED THROUGH EXERCISE:	
+ / - FOR TODAY:	
+ / - FOR WEEK:	

# NUTRITION / SUPPLEMENT JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: \_\_\_\_\_

DAY: \_\_\_\_\_

## MEAL 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## MEAL 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

MEAL 3					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 3 (OPTIONAL)					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## TOTALS

CALORIES:	
PROTEIN (g):	
CARBS (g):	
FAT (g):	
MY BREAK-EVEN POINT:	
CALORIES BURNED THROUGH EXERCISE:	
+ / - FOR TODAY:	
+ / - FOR WEEK:	

# NUTRITION / SUPPLEMENT JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: \_\_\_\_\_

DAY: \_\_\_\_\_

## MEAL 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## MEAL 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

MEAL 3					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 3 (OPTIONAL)					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## TOTALS

CALORIES:	
PROTEIN (g):	
CARBS (g):	
FAT (g):	
MY BREAK-EVEN POINT:	
CALORIES BURNED THROUGH EXERCISE:	
+ / - FOR TODAY:	
+ / - FOR WEEK:	

# NUTRITION / SUPPLEMENT JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: \_\_\_\_\_

DAY: \_\_\_\_\_

## MEAL 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## MEAL 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

MEAL 3					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 3 (OPTIONAL)					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## TOTALS

CALORIES:	
PROTEIN (g):	
CARBS (g):	
FAT (g):	
MY BREAK-EVEN POINT:	
CALORIES BURNED THROUGH EXERCISE:	
+ / - FOR TODAY:	
+ / - FOR WEEK:	

# NUTRITION / SUPPLEMENT JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: \_\_\_\_\_

DAY: \_\_\_\_\_

## MEAL 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## MEAL 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

MEAL 3					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 3 (OPTIONAL)					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## TOTALS

CALORIES:	
PROTEIN (g):	
CARBS (g):	
FAT (g):	
MY BREAK-EVEN POINT:	
CALORIES BURNED THROUGH EXERCISE:	
+ / - FOR TODAY:	
+ / - FOR WEEK:	

# NUTRITION / SUPPLEMENT JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: \_\_\_\_\_

DAY: \_\_\_\_\_

## MEAL 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## MEAL 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

MEAL 3					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 3 (OPTIONAL)					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## TOTALS

CALORIES:	
PROTEIN (g):	
CARBS (g):	
FAT (g):	
MY BREAK-EVEN POINT:	
CALORIES BURNED THROUGH EXERCISE:	
+ / - FOR TODAY:	
+ / - FOR WEEK:	

# NUTRITION / SUPPLEMENT JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: \_\_\_\_\_

DAY: \_\_\_\_\_

## MEAL 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## MEAL 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

MEAL 3					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 3 (OPTIONAL)					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## TOTALS

CALORIES:	
PROTEIN (g):	
CARBS (g):	
FAT (g):	
MY BREAK-EVEN POINT:	
CALORIES BURNED THROUGH EXERCISE:	
+ / - FOR TODAY:	
+ / - FOR WEEK:	

# NUTRITION / SUPPLEMENT JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: \_\_\_\_\_

DAY: \_\_\_\_\_

## MEAL 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## MEAL 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

MEAL 3					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 3 (OPTIONAL)					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

# TOTALS

CALORIES:	
PROTEIN (g):	
CARBS (g):	
FAT (g):	
MY BREAK-EVEN POINT:	
CALORIES BURNED THROUGH EXERCISE:	
+ / - FOR TODAY:	
+ / - FOR WEEK:	

# NUTRITION / SUPPLEMENT JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: \_\_\_\_\_

DAY: \_\_\_\_\_

MEAL 1					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 1					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

MEAL 2					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 2					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

MEAL 3					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 3 (OPTIONAL)					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## TOTALS

CALORIES:	
PROTEIN (g):	
CARBS (g):	
FAT (g):	
MY BREAK-EVEN POINT:	
CALORIES BURNED THROUGH EXERCISE:	
+ / - FOR TODAY:	
+ / - FOR WEEK:	

# NUTRITION / SUPPLEMENT JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: \_\_\_\_\_

DAY: \_\_\_\_\_

## MEAL 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## MEAL 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

MEAL 3					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 3 (OPTIONAL)					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## TOTALS

CALORIES:	
PROTEIN (g):	
CARBS (g):	
FAT (g):	
MY BREAK-EVEN POINT:	
CALORIES BURNED THROUGH EXERCISE:	
+ / - FOR TODAY:	
+ / - FOR WEEK:	

# NUTRITION / SUPPLEMENT JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: \_\_\_\_\_

DAY: \_\_\_\_\_

## MEAL 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## MEAL 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

MEAL 3					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 3 (OPTIONAL)					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## TOTALS

CALORIES:	
PROTEIN (g):	
CARBS (g):	
FAT (g):	
MY BREAK-EVEN POINT:	
CALORIES BURNED THROUGH EXERCISE:	
+ / - FOR TODAY:	
+ / - FOR WEEK:	

# NUTRITION / SUPPLEMENT JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: \_\_\_\_\_

DAY: \_\_\_\_\_

MEAL 1					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 1					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

MEAL 2					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 2					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

MEAL 3					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 3 (OPTIONAL)					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## TOTALS

CALORIES:	
PROTEIN (g):	
CARBS (g):	
FAT (g):	
MY BREAK-EVEN POINT:	
CALORIES BURNED THROUGH EXERCISE:	
+ / - FOR TODAY:	67
+ / - FOR WEEK:	

# NUTRITION / SUPPLEMENT JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: \_\_\_\_\_

DAY: \_\_\_\_\_

MEAL 1					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 1					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

MEAL 2					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 2					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

MEAL 3					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 3 (OPTIONAL)					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## TOTALS

CALORIES:	
PROTEIN (g):	
CARBS (g):	
FAT (g):	
MY BREAK-EVEN POINT:	
CALORIES BURNED THROUGH EXERCISE:	
+ / - FOR TODAY:	
+ / - FOR WEEK:	

# NUTRITION / SUPPLEMENT JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: \_\_\_\_\_

DAY: \_\_\_\_\_

## MEAL 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## MEAL 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

MEAL 3					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 3 (OPTIONAL)					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## TOTALS

CALORIES:	
PROTEIN (g):	
CARBS (g):	
FAT (g):	
MY BREAK-EVEN POINT:	
CALORIES BURNED THROUGH EXERCISE:	
+ / - FOR TODAY:	
+ / - FOR WEEK:	

# NUTRITION / SUPPLEMENT JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: \_\_\_\_\_

DAY: \_\_\_\_\_

## MEAL 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## MEAL 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

MEAL 3					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 3 (OPTIONAL)					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## TOTALS

CALORIES:	
PROTEIN (g):	
CARBS (g):	
FAT (g):	
MY BREAK-EVEN POINT:	
CALORIES BURNED THROUGH EXERCISE:	
+ / - FOR TODAY:	
+ / - FOR WEEK:	

# NUTRITION / SUPPLEMENT JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: \_\_\_\_\_

DAY: \_\_\_\_\_

## MEAL 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## MEAL 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

MEAL 3					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 3 (OPTIONAL)					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## TOTALS

CALORIES:	
PROTEIN (g):	
CARBS (g):	
FAT (g):	
MY BREAK-EVEN POINT:	
CALORIES BURNED THROUGH EXERCISE:	
+ / - FOR TODAY:	
+ / - FOR WEEK:	

# NUTRITION / SUPPLEMENT JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: \_\_\_\_\_

DAY: \_\_\_\_\_

MEAL 1					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 1					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

MEAL 2					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 2					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

MEAL 3					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 3 (OPTIONAL)					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## TOTALS

CALORIES:	
PROTEIN (g):	
CARBS (g):	
FAT (g):	
MY BREAK-EVEN POINT:	
CALORIES BURNED THROUGH EXERCISE:	
+ / - FOR TODAY:	
+ / - FOR WEEK:	

# NUTRITION / SUPPLEMENT JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: \_\_\_\_\_

DAY: \_\_\_\_\_

MEAL 1					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 1					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

MEAL 2					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 2					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

MEAL 3					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 3 (OPTIONAL)					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## TOTALS

CALORIES:	
PROTEIN (g):	
CARBS (g):	
FAT (g):	
MY BREAK-EVEN POINT:	
CALORIES BURNED THROUGH EXERCISE:	
+ / - FOR TODAY:	
+ / - FOR WEEK:	

# NUTRITION / SUPPLEMENT JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: \_\_\_\_\_

DAY: \_\_\_\_\_

## MEAL 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## MEAL 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

MEAL 3					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 3 (OPTIONAL)					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## TOTALS

CALORIES:	
PROTEIN (g):	
CARBS (g):	
FAT (g):	
MY BREAK-EVEN POINT:	
CALORIES BURNED THROUGH EXERCISE:	
+ / - FOR TODAY:	
+ / - FOR WEEK:	

# NUTRITION / SUPPLEMENT JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: \_\_\_\_\_

DAY: \_\_\_\_\_

## MEAL 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## MEAL 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

MEAL 3					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 3 (OPTIONAL)					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## TOTALS

CALORIES:	
PROTEIN (g):	
CARBS (g):	
FAT (g):	
MY BREAK-EVEN POINT:	
CALORIES BURNED THROUGH EXERCISE:	
+ / - FOR TODAY:	
+ / - FOR WEEK:	

# NUTRITION / SUPPLEMENT JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: \_\_\_\_\_

DAY: \_\_\_\_\_

## MEAL 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## MEAL 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

MEAL 3					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 3 (OPTIONAL)					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## TOTALS

CALORIES:	
PROTEIN (g):	
CARBS (g):	
FAT (g):	
MY BREAK-EVEN POINT:	
CALORIES BURNED THROUGH EXERCISE:	
+ / - FOR TODAY:	
+ / - FOR WEEK:	

# NUTRITION / SUPPLEMENT JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: \_\_\_\_\_

DAY: \_\_\_\_\_

## MEAL 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## MEAL 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

MEAL 3					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 3 (OPTIONAL)					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## TOTALS

CALORIES:	
PROTEIN (g):	
CARBS (g):	
FAT (g):	
MY BREAK-EVEN POINT:	
CALORIES BURNED THROUGH EXERCISE:	
+ / - FOR TODAY:	
+ / - FOR WEEK:	

# NUTRITION / SUPPLEMENT JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: \_\_\_\_\_

DAY: \_\_\_\_\_

## MEAL 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## MEAL 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

MEAL 3					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 3 (OPTIONAL)					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## TOTALS

CALORIES:	
PROTEIN (g):	
CARBS (g):	
FAT (g):	
MY BREAK-EVEN POINT:	
CALORIES BURNED THROUGH EXERCISE:	
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# NUTRITION / SUPPLEMENT JOURNAL

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## SNACK 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

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FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
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FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

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FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## TOTALS

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MY BREAK-EVEN POINT:	
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FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

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FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

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FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
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FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 3 (OPTIONAL)					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## TOTALS

CALORIES:	
PROTEIN (g):	
CARBS (g):	
FAT (g):	
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CALORIES BURNED THROUGH EXERCISE:	
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MEAL 1					
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TOTAL					

SNACK 1					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

MEAL 2					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

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FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

MEAL 3					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 3 (OPTIONAL)					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## TOTALS

CALORIES:	
PROTEIN (g):	
CARBS (g):	
FAT (g):	
MY BREAK-EVEN POINT:	
CALORIES BURNED THROUGH EXERCISE:	
+ / - FOR TODAY:	
+ / - FOR WEEK:	

# NUTRITION / SUPPLEMENT JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: \_\_\_\_\_

DAY: \_\_\_\_\_

## MEAL 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## MEAL 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

MEAL 3					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 3 (OPTIONAL)					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## TOTALS

CALORIES:	
PROTEIN (g):	
CARBS (g):	
FAT (g):	
MY BREAK-EVEN POINT:	
CALORIES BURNED THROUGH EXERCISE:	
+ / - FOR TODAY:	
+ / - FOR WEEK:	

# NUTRITION / SUPPLEMENT JOURNAL

TODAY'S DATE \_\_\_/\_\_\_/\_\_\_

WEEK: \_\_\_\_\_

DAY: \_\_\_\_\_

## MEAL 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## MEAL 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## SNACK 2

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

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FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 3 (OPTIONAL)					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## TOTALS

CALORIES:	
PROTEIN (g):	
CARBS (g):	
FAT (g):	
MY BREAK-EVEN POINT:	
CALORIES BURNED THROUGH EXERCISE:	
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+ / - FOR WEEK:	

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DAY: \_\_\_\_\_

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TOTAL					

## SNACK 1

FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

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FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

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FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
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FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

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FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
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CALORIES:	
PROTEIN (g):	
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FAT (g):	
MY BREAK-EVEN POINT:	
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FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
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MY BREAK-EVEN POINT:	
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FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
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FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
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FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
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PROTEIN (g):	
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CALORIES BURNED THROUGH EXERCISE:	
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TOTAL					

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CALORIES BURNED THROUGH EXERCISE:	
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FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
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FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
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## TOTALS

CALORIES:	
PROTEIN (g):	
CARBS (g):	
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MY BREAK-EVEN POINT:	
CALORIES BURNED THROUGH EXERCISE:	
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# NUTRITION / SUPPLEMENT JOURNAL

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MEAL 1					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
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FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

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MEAL 3					
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## MEAL 1

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TOTAL					

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FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

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FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

SNACK 3 (OPTIONAL)					
FOOD CHOICES	QTY.	CALS.	CARBS (g)	PROTEIN (g)	FAT (g)
TOTAL					

## TOTALS

CALORIES:	
PROTEIN (g):	
CARBS (g):	
FAT (g):	
MY BREAK-EVEN POINT:	
CALORIES BURNED THROUGH EXERCISE:	
+ / - FOR TODAY:	
+ / - FOR WEEK:	

# SNACK OPTIONS

# SNACK OPTIONS

## VEGETABLES

- 1 cup chopped raw broccoli - 31 CAL
- 20 baby carrots - 100 CAL
- 1 large stalk celery - 10 CAL
- 1/2 cup steamed edamame - 95 CAL
- 1 cup sugar snap peas - 45 CAL

## FRUIT

- 1 small banana - 90 CAL
- 1 medium banana - 105 CAL
- 1 cup blueberries - 84 CAL
- 1 cup cantaloupe - 60 CAL
- 1 cup raw sweet cherries - 97 CAL
- 1 cup raw sour cherries - 78 CAL
- 1 cup grapes - 104 CAL
- 1/2 medium pink or red grapefruit - 52 CAL
- 2 medium kiwi - 92 CAL
- 1 cup mango chunks - 107 CAL
- 1 small orange - 70 CAL
- 1 cup raspberries - 64 CAL
- 2 cups strawberries - 100 CAL
- 1 cup watermelon - 46 CAL

## NUTS

- 25 pistachios - 100 CAL
- 8 walnut halves - 112 CAL
- 10 cashews - 90 CAL
- 15 almonds - 105 CAL
- 16 dry roasted peanuts - 96 CAL

## CRUNCHY WHOLE GRAINS

- 6 reduced fat Triscuits - 98 CAL
- 3 cups air popped popcorn (no salt or butter) - 93 CAL

## LOW FAT DAIRY

- 4 oz (1/2 cup) low fat (1%) cottage cheese - 90 CAL
- 1 cup skim milk - 90 CAL
- 1 large, hard-boiled egg - 70 CAL
- 6 oz. non-fat Greek Yogurt, plain -100 CAL
- 6 oz. non-fat Greek yogurt, flavored - 140 CAL
- 1 mozzarella low-fat string cheese - 80 CAL



# SAMPLE MENUS

# SAMPLE MENUS

**CALORIES**

# 1,200

# SAMPLE MENU

## EX 1 - 1,200 CALORIES

	FOOD	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
BREAKFAST	Breakfast Burrito	257	27	8	19
	4 oz Skim Milk	45	6	0	4
	<b>TOTALS:</b>	<b>302</b>	<b>33</b>	<b>8</b>	<b>23</b>
SNACK	2 Hard-Boiled Egg	140	0.12	10.6	12.6
	3 Celery Stalks	30	5.7	0.3	1.2
	<b>TOTALS:</b>	<b>170</b>	<b>5.82</b>	<b>10.9</b>	<b>13.8</b>
LUNCH	1/2 Turkey Wrap	126	13.8	4.5	8.5
	1 Cup Grapes	104	27	0	1
	6 oz. Fat Free Yogurt	100	9	0	23
	<b>TOTALS:</b>	<b>330</b>	<b>49.8</b>	<b>4.5</b>	<b>32.5</b>
SNACK	25 Pistachios	100	5	7	5
	<b>TOTALS:</b>	<b>100</b>	<b>5</b>	<b>7</b>	<b>5</b>
DINNER	2 oz. Beef Tenderloin	125	0	4	16
	½ cup Brown Rice	108	22	1	2.5
	1 cup Broccoli, Steamed	30	6	0	2
	½ cup Fruit	35	9	0	1
	<b>TOTALS:</b>	<b>298</b>	<b>37</b>	<b>5</b>	<b>21.5</b>

# SAMPLE MENU

## EX 2 - 1,200 CALORIES

	FOOD	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
BREAKFAST	Oatmeal	240	39	3	13
	½ cup Raspberries	32	7.5	0.5	0.8
	2 T. Slivered Almonds	80	3	6	3
	<b>TOTALS:</b>	<b>352</b>	<b>49.5</b>	<b>9.5</b>	<b>16.3</b>
SNACK	2 Hard-Boiled Egg	140	0.12	10.6	12.6
	3 Celery Stalks	30	5.7	0.3	1.2
	<b>TOTALS:</b>	<b>170</b>	<b>5.82</b>	<b>10.9</b>	<b>13.8</b>
LUNCH	1/2 Turkey Wrap	126	13.8	4.5	8.5
	1 small apple or pear or orange	84	23	0	.5
	1 String Cheese	80	1	6	8
	<b>TOTALS:</b>	<b>290</b>	<b>37.8</b>	<b>10.5</b>	<b>17</b>
SNACK	1 cup Veggies	31	6	0	2
	¼ cup Hummus	102	9	6	5
	<b>TOTALS:</b>	<b>133</b>	<b>15</b>	<b>6</b>	<b>7</b>
DINNER	Pork & Veggie Kebabs	88	6.4	6.8	13.1
	¾ cup Brown Rice	162	33	1.5	3.8
	<b>TOTALS:</b>	<b>250</b>	<b>39.4</b>	<b>8.3</b>	<b>16.9</b>

# SAMPLE MENU

## EX 3 - 1,200 CALORIES

	FOOD	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
--	------	----------	--------------	------------	----------------

BREAKFAST	Omelet	69	4	0	12
	1 Banana	90	23	0	1
	1 slice Whole Wheat Toast	80	13	1	3
	1 tsp. Butter	30	0	3.5	0
	<b>TOTALS:</b>	<b>269</b>	<b>40</b>	<b>4.5</b>	<b>16</b>

SNACK	1 Medium Apple	70	20	0	0
	<b>TOTALS:</b>	<b>70</b>	<b>20</b>	<b>0</b>	<b>0</b>

LUNCH	Pork & Veggie Kebabs	88	6.4	6.8	13.1
	1 small Piece of Fruit	70	20	0	.5
	6 oz. Fat Free Yogurt	100	9	0	23
	1 Whole Wheat Tortilla	130	22	3	4
	100 Calorie Pack Almonds	100	3	9	4.5
	<b>TOTALS:</b>	<b>488</b>	<b>60.4</b>	<b>18.8</b>	<b>45.5</b>

SNACK	25 Pistachios	100	5	7	5
	<b>TOTALS:</b>	<b>100</b>	<b>5</b>	<b>7</b>	<b>5</b>

DINNER	Grilled Salmon	203	1	11.5	22
	½ cup Quinoa	110	20	2	4
	1/3 cup Brussels Sprouts	20	4	0	1.5
	<b>TOTALS:</b>	<b>333</b>	<b>25</b>	<b>13.5</b>	<b>27.5</b>

# SAMPLE MENUS

**CALORIES**

**1,500**

# SAMPLE MENU

## EX 1 - 1,500 CALORIES

	FOOD	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
BREAKFAST	Breakfast Wrap	257	27	8	19
	4 oz. Skim Milk	45	6	0	4
	<b>TOTALS:</b>	<b>302</b>	<b>33</b>	<b>8</b>	<b>23</b>
SNACK	7 Kashi Hear to Heart Orig. Crackers	120	22	3.5	3
	Laughing Cow Cheese Wedge	35	1	1.5	2
	<b>TOTALS:</b>	<b>155</b>	<b>23</b>	<b>5</b>	<b>5</b>
LUNCH	Turkey Wrap	252	27.5	4.5	17
	1 Cup Grapes	104	27	0	1
	6 oz. Fat Free Yogurt	90	16	0	5
	<b>TOTALS:</b>	<b>446</b>	<b>70.5</b>	<b>4.5</b>	<b>23</b>
SNACK	1 cup Veggies	31	6	0	2
	¼ cup Hummus	102	9	6	5
	<b>TOTALS:</b>	<b>133</b>	<b>15</b>	<b>6</b>	<b>7</b>
DINNER	2 oz. Beef Tenderloin	125	0	4	16
	1 cup Brown Rice	216	44	2	5
	1 cup Broccoli, Steamed	30	6	0	2
	1 cup Fruit	70	18	0	2
	<b>TOTALS:</b>	<b>441</b>	<b>68</b>	<b>6</b>	<b>25</b>

# SAMPLE MENU

## EX 2 - 1,500 CALORIES

	FOOD	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
BREAKFAST	4 oz. non-fat Greek Yogurt	67	5	0	12
	¼ cup low fat granola	85	20	2	2
	1 cup Blackberries	60	14	0	2
	1 T. slivered almonds	85	3	7	3
	<b>TOTALS:</b>	<b>297</b>	<b>42</b>	<b>9</b>	<b>19</b>
SNACK	100 Calorie Pack Almonds	100	3	9	4.5
	<b>TOTALS:</b>	<b>100</b>	<b>3</b>	<b>9</b>	<b>4.5</b>
LUNCH	Roast Beef Sandwich	337	33	9	25
	1 small Piece of Fruit	70	20	0	0
	1 string cheese	80	1	6	8
	<b>TOTALS:</b>	<b>487</b>	<b>54</b>	<b>15</b>	<b>33</b>
SNACK	1 small Apple	70	20	0	0
	1 tbsp. PB	94	3	8	4
	<b>TOTALS:</b>	<b>164</b>	<b>23</b>	<b>8</b>	<b>4</b>
DINNER	Breaded Chicken Parmesan	209	13	8.6	21
	1.5 cup Cooked Carrots	81	15	0	1.5
	1 cup Brown Rice	162	33	1.5	3.8
	<b>TOTALS:</b>	<b>452</b>	<b>61</b>	<b>10.1</b>	<b>26.3</b>

# SAMPLE MENU

## EX 3 - 1,500 CALORIES

	FOOD	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
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BREAKFAST	Omelet	69	4	0	12
	1 Banana	90	23	0	1
	1 slice Whole Wheat Toast	80	13	1	3
	1 tsp. Butter	30	0	3.5	0
	<b>TOTALS:</b>	<b>269</b>	<b>40</b>	<b>4.5</b>	<b>16</b>

SNACK	Kashi Chewy Granola Bar	140	19	5	7
	<b>TOTALS:</b>	<b>140</b>	<b>19</b>	<b>5</b>	<b>7</b>

LUNCH	Pork & Veggie Kebabs	88	6.4	6.8	13.1
	1 small Piece of Fruit	75	20	0	.5
	6 oz. Fat Free Yogurt	90	16	0	5
	½ Whole Wheat Tortilla	65	11	1.5	2
	100 Calorie Pack Almonds	100	3	9	4.5
	<b>TOTALS:</b>	<b>418</b>	<b>56.4</b>	<b>17.3</b>	<b>25.1</b>

SNACK	1.5 cup Veggies	45	9	0	3
	1.4 cup Hummus	102	9	6	5
	<b>TOTALS:</b>	<b>147</b>	<b>18</b>	<b>6</b>	<b>8</b>

DINNER	Grilled Salmon	203	1	11.5	22
	½ cup Quinoa	110	20	2	4
	1/3 cup Brussels Sprouts	20	4	0	1.5
	1 small Piece of Fruit	70	20	0	.5
	<b>TOTALS:</b>	<b>443</b>	<b>53</b>	<b>13.5</b>	<b>31</b>

# SAMPLE MENUS

**CALORIES**

**1,800**



**XPERIENCE**  
FITNESS

# SAMPLE MENU

## EX 1 - 1,800 CALORIES

	FOOD	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
BREAKFAST	Breakfast Burrito	257	27	8	19
	4 oz. Skim Milk	45	6	0	4
	1 small Piece of Fruit	70	19	0	.5
	<b>TOTALS:</b>	<b>372</b>	<b>52</b>	<b>8</b>	<b>23.5</b>
SNACK	1 small Apple	70	20	0	0
	1.5 T. PB	142.5	4.5	12	6
	<b>TOTALS:</b>	<b>212.5</b>	<b>24.5</b>	<b>12</b>	<b>6</b>
LUNCH	Roast Beef Sandwich	337	33	9	25
	1 cup Raw Veggies	30	6	0	2
	6 oz. Fat Free Yogurt	90	16	0	5
	2 T Hummus	50	4.5	3	2.5
	<b>TOTALS:</b>	<b>507</b>	<b>59.5</b>	<b>12</b>	<b>34.5</b>
SNACK	10 Kashi Heart to Heart Original Crackers	180	33	5.3	4.5
	Laughing Cow Cheese Wedge	35	1	1.5	2
	<b>TOTALS:</b>	<b>215</b>	<b>34</b>	<b>6.8</b>	<b>6.5</b>
DINNER	Lemony Orzo-Veggie Salad with Chicken (1.25 servings)	362.8	44.9	10	29.8
	1.5 cup Broccoli	45	9	0	3
	1 cup Fruit	75	21	0	1
	<b>TOTALS:</b>	<b>482.8</b>	<b>74.9</b>	<b>10</b>	<b>33.8</b>

# SAMPLE MENU

## EX 2 - 1,800 CALORIES

	FOOD	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
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BREAKFAST	3 oz. non-fat Greek Yogurt	50	3.5	0	9
	½ cup low fat granola	170	40	4	4
	1 cup berries	65	14	0	2
	2 T. Slivered Almons	80	3	7	3
	<b>TOTALS:</b>	<b>302</b>	<b>33</b>	<b>8</b>	<b>23</b>

SNACK	Luna Bars	180	27	5	8
	<b>TOTALS:</b>	<b>180</b>	<b>27</b>	<b>5</b>	<b>8</b>

LUNCH	Pork and Veggie Kebabs	176	12.8	13.5	26.3
	1 medium Whole Wheat Tortilla	130	22	3	4
	Kashi Chewy Granola Bar	140	19	5	7
	1 small piece of fruit	75	20	0	.5
	<b>TOTALS:</b>	<b>521</b>	<b>73.8</b>	<b>21.5</b>	<b>37.8</b>

SNACK	10 Kashi Heart to Heart Original Crackers	180	33	5.3	4.5
	Laughing Cow Cheese Wedge	35	1	1.5	2
	<b>TOTALS:</b>	<b>215</b>	<b>34</b>	<b>6.8</b>	<b>6.5</b>

DINNER	Grilled Salmon	203	1	11.5	22
	¾ cup Quinoa	165	27.8	3	6
	1 cup Brussels Sprouts	60	8	0	3
	1 cup Fruit	75	20	0	1
	<b>TOTALS:</b>	<b>503</b>	<b>56.8</b>	<b>14.5</b>	<b>32</b>

# SAMPLE MENU

## EX 3 - 1,800 CALORIES

	FOOD	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
BREAKFAST	Omelet	69	4	0	12
	1 Banana	90	23	0	1
	2 slide Whole Wheat Toast	160	26	2	6
	2 tsp. Butter	60	0	7	0
	<b>TOTALS:</b>	<b>379</b>	<b>53</b>	<b>9</b>	<b>19</b>
SNACK	10 Kashi Hear to Heart Orig. Crackers	180	33	5.3	4.5
	Laughing Cow Cheese Wedge	35	1	1.5	2
	<b>TOTALS:</b>	<b>215</b>	<b>34</b>	<b>6.8</b>	<b>6.5</b>
LUNCH	Lemon Orzo-Veggie Salad with Chicken (1.5 servings)	435.4	53.9	12	35.8
	1 cup Pineapple	75	22	0	1
	<b>TOTALS:</b>	<b>510.4</b>	<b>75.9</b>	<b>12</b>	<b>36.8</b>
SNACK	1 small Apple	70	20	0	0
	1.5 T. PB	142.5	4.5	12	6
	<b>TOTALS:</b>	<b>212.5</b>	<b>24.5</b>	<b>12</b>	<b>6</b>
DINNER	Pork & Vegie Kebabs	176	12.8	13.5	26.3
	1 cup mixed veggies	30	6	0	2
	1 cup brown rice	270	57.5	0	5
	<b>TOTALS:</b>	<b>476</b>	<b>76.3</b>	<b>13.5</b>	<b>33.3</b>

# SAMPLE MENUS

**CALORIES**

**2,200**

# SAMPLE MENU

## EX 1 – 2,200 CALORIES

	FOOD	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
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BREAKFAST	Breakfast Burrito	289	26	10	25.5
	1 cup melon	70	20	0	.5
	6 oz. Fat Free Yogurt	90	16	0	5
	<b>TOTALS:</b>	<b>449</b>	<b>62</b>	<b>10</b>	<b>31</b>

SNACK	10 Kashi Hear to Heart Orig. Crackers	180	33	5.3	4.5
	Laughing Cow Cheese Wedge	35	1	1.5	2
	<b>TOTALS:</b>	<b>215</b>	<b>34</b>	<b>6.8</b>	<b>6.5</b>

LUNCH	Roast Beef Sandwich	337	33	9	25
	1 cup Fruit	70	18	0	1
	1 cup Raw Veggies	30	6	0	2
	¼ cup Hummus	100	9	6	5
	<b>TOTALS:</b>	<b>537</b>	<b>66</b>	<b>15</b>	<b>33</b>

SNACK	Luna Bar	180	27	5	8
	<b>TOTALS:</b>	<b>180</b>	<b>27</b>	<b>5</b>	<b>8</b>

DINNER	Chicken Kebabs	110	1.5	3	21.6
	Chickpea Salad	162.5	18	8.8	5.3
	2 cups Cooked Broccoli	60	12	0	4
	1 cup fruit	70	20	0	1
	1 Cup brown rice	216	46	0	4
	<b>TOTALS:</b>	<b>618.5</b>	<b>97.5</b>	<b>11.8</b>	<b>35.9</b>

# SAMPLE MENU

## EX 2 – 2,200 CALORIES

	FOOD	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
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BREAKFAST	1 cup Kashi GoLean Cereal	190	34	4	10
	12 oz Skim Milk	135	18	0	12
	1 cup blueberries	84	21	0	1
	<b>TOTALS:</b>	<b>409</b>	<b>73</b>	<b>4</b>	<b>23</b>

SNACK	Luna Bar	180	27	5	8
	<b>TOTALS:</b>	<b>180</b>	<b>27</b>	<b>5</b>	<b>8</b>

LUNCH	Shrimp Tacos	304.8	25.1	7.6	29.4
	1 cup Quinoa	220	40	4	8
	<b>TOTALS:</b>	<b>524.8</b>	<b>65.1</b>	<b>11.6</b>	<b>37.4</b>

SNACK	1 small Apple	70	20	0	0
	1.5 T PB	142.5	4.5	12	6
	<b>TOTALS:</b>	<b>212.5</b>	<b>24.5</b>	<b>12</b>	<b>6</b>

DINNER	Pork & Veggie Kebabs	176	12.8	13.5	26.3
	1 cup Brown Rice	216	46	0	4
	1 cup Fruit	70	19	0	.5
	6 oz. Fat Free Yogurt	90	16	0	5
	<b>TOTALS:</b>	<b>552</b>	<b>93.8</b>	<b>13.5</b>	<b>35.8</b>

SNACK	1 String Cheese	80	1	6	8
	7 Kashi Original Crackers	120	22	3.5	3
	<b>TOTALS:</b>	<b>200</b>	<b>23</b>	<b>9.5</b>	<b>11</b>

# SAMPLE MENU

## EX 3 – 2,200 CALORIES

	FOOD	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
BREAKFAST	Oatmeal	240	39	3	13
	2 small pieces of fruit	150	40	0	1
	6 oz. Fat Free Yogurt	90	16	0	5
	<b>TOTALS:</b>	<b>480</b>	<b>95</b>	<b>3</b>	<b>19</b>
SNACK	10 Kashi Original Crackers	180	33	5.3	4.5
	Laughing Cow Cheese	35	1	1.5	2
	<b>TOTALS:</b>	<b>215</b>	<b>34</b>	<b>6.8</b>	<b>6.5</b>
LUNCH	Turkey Sandwich	277	35.5	8	22
	1 small piece of fruit	75	20	0	.5
	25 Pistachios	100	5	8	4
	6 oz. Fat Free Yogurt	90	16	0	5
	<b>TOTALS:</b>	<b>542</b>	<b>76.5</b>	<b>16</b>	<b>31.5</b>
SNACK	100 Calorie Pack Almonds	100	3	9	4.5
	1 cup Berries	60	15	0	.5
	<b>TOTALS:</b>	<b>160</b>	<b>18</b>	<b>9</b>	<b>5</b>
DINNER	Honey Glazed Salmon	221	6	10.5	21
	1 medium Baked potato	161	37	0	4
	1 cup mixed veggies	60	12	0	2
	1 tsp Butter	30	0	3.5	0
	1 cup Fruit	70	20	0	0.5
	4 oz. Skim Milk	45	6	0	4.0
	<b>TOTALS:</b>	<b>587</b>	<b>81</b>	<b>14</b>	<b>31.5</b>
SNACK	½ cup Cereal	95	17	2	5
	½ cup Skim Milk	90	12	0	8
	<b>TOTALS:</b>	<b>185</b>	<b>29</b>	<b>2</b>	<b>13</b>

# SAMPLE MENUS

**CALORIES**

**2,500**

# SAMPLE MENU

## EX 1 – 2,500 CALORIES

	FOOD	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
BREAKFAST	Breakfast Burrito	289	26	10	25.5
	1 cup melon	70	16	0	5
	6 oz. Fat Free Yogurt	90	16	0	5
	<b>TOTALS:</b>	<b>449</b>	<b>62</b>	<b>10</b>	<b>31</b>
SNACK	10 Kashi Original Crackers	180	33	5.3	4.5
	2 Laughing Cow Cheese	70	2	3	4
	<b>TOTALS:</b>	<b>250</b>	<b>35</b>	<b>8.3</b>	<b>8.5</b>
LUNCH	Roast Beef Sandwich	337	33	9	25
	1 cup Fruit	70	18	0	1
	1 cup Raw Veggies	30	6	0	2
	¼ cup Hummus	100	9	6	5
	6 oz. Fat Free Yogurt	90	16	0	5
	<b>TOTALS:</b>	<b>627</b>	<b>82</b>	<b>15</b>	<b>38</b>
DINNER	Cliff Bar	240	42	6	9
	<b>TOTALS:</b>	<b>240</b>	<b>42</b>	<b>6</b>	<b>9</b>
	Chicken Kebabs (1.5 kebab)	110	1.5	3	21.6
	Chickpea Salad	162.5	18	8.8	5.3
	2 cup Cooked Broccoli	60	12	0	4
	1 cup Fruit	70	20	0	1
	1 cup Brown Rice	216	46	0	4
	<b>TOTALS:</b>	<b>618.5</b>	<b>97.5</b>	<b>11.8</b>	<b>35.9</b>
SNACK	2 Graham Crackers	120	22	3	2
	1.5 T. Nut Butter	142.5	4.5	12	6
	<b>TOTALS:</b>	<b>262.5</b>	<b>26.5</b>	<b>15</b>	<b>8</b>

# SAMPLE MENU

## EX 2 – 2,500 CALORIES

	FOOD	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
BREAKFAST	1 cup Kashi GoLean Cereal	190	34	4	10
	8 oz. Skim Milk	90	12	0	8
	1 cup Blueberries	84	21	0	1
	1 T. Slivered Almonds	80	3	7	3
	<b>TOTALS:</b>	<b>444</b>	<b>70</b>	<b>11</b>	<b>22</b>
SNACK	1 small Apple	70	20	0	0.5
	2T. PB	190	6	16	8
	<b>TOTALS:</b>	<b>260</b>	<b>26</b>	<b>16</b>	<b>8.5</b>
LUNCH	Shrimp Tacos	304.8	25.1	7.6	29.4
	2 cup Quinoa, Cooked	220	40	4	8
	1.5 cup Raw Veggies	45	9	0	2
	1 small Piece of Fruit	70	20	0	1
	2T. Ranch Dip	20	1.9	0	2.6
	<b>TOTALS:</b>	<b>659.9</b>	<b>86</b>	<b>11.6</b>	<b>43</b>
SNACK	10 Kashi Original Crackers	180	33	5.3	4.5
	1 String Cheeses	80	1	6	8
	<b>TOTALS:</b>	<b>260</b>	<b>34</b>	<b>11.3</b>	<b>12.5</b>
DINNER	Pork & Veggie Kebabs	176	12.8	13.5	26.3
	1.25 cup Brown Rice	270	27.5	0	5
	½ cup Fruit	35	9	0	0
	8 oz. Skim Milk	90	12	0	8
	1.5 cup Steamed Broccoli	45	6	0	2
	<b>TOTALS:</b>	<b>616</b>	<b>97.3</b>	<b>13.5</b>	<b>41.3</b>
SNACK	100 Calorie Pack Almonds	100	3	9	4.5
	1 small Piece of Fruit	70	20	0	0.5
	1 Graham Cracker	60	11	1.5	1
	<b>TOTALS:</b>	<b>230</b>	<b>34</b>	<b>10.5</b>	<b>13</b>

# SAMPLE MENU

## EX 3 – 2,500 CALORIES

	FOOD	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
BREAKFAST	2 Slices Whole Wheat Toast	160	26	2	6
	1 T. PB	95	3	8	4
	1 medium Banana	105	27	0	1
	8 oz. Skim Milk	90	12	0	8
	<b>TOTALS:</b>	<b>450</b>	<b>68</b>	<b>10</b>	<b>19</b>
SNACK	½ cup Cereal	95	17	2	5
	½ cup Skim Milk	90	12	0	8
	<b>TOTALS:</b>	<b>185</b>	<b>29</b>	<b>2</b>	<b>13</b>
LUNCH	Turkey Sandwich	277	35	8	22
	1 small Piece of Fruit	75	20	0	0.5
	25 Pistachios	100	5	8	4
	¼ cup Hummus	100	9	6	5
	1 cup Raw veggies	30	6	0	2
	6 oz Fat Free Yogurt	90	16	0	5
	<b>TOTALS:</b>	<b>672</b>	<b>91.5</b>	<b>22</b>	<b>38.5</b>
SNACK	Kashi Chewy Granola Bar	140	19	5	7
	25 Pistachios	100	24	13	11
	<b>TOTALS:</b>	<b>240</b>	<b>24</b>	<b>13</b>	<b>11</b>
DINNER	BBQ Pork Sandwich	387	43.4	14	27.3
	1 Large Sweet Potato	160	37	0	3.5
	1 cup Fruit	70	20	0	0.5
	1 tsp Butter	30	0	3.5	0
	<b>TOTALS:</b>	<b>647</b>	<b>100.4</b>	<b>17.5</b>	<b>31.3</b>
SNACK	1 String Cheese	80	1	6	8
	10 Kashi Crackers	180	33	5.3	4.5
	<b>TOTALS:</b>	<b>260</b>	<b>34</b>	<b>11.3</b>	<b>12.5</b>

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