

Austen Moore Life Coaching

Daily Food Diary

Please fill the amounts in as grams and write down Calories as the number of Kcal

Name _____ | Date _____

BREAKFAST	CALORIES	PROTEIN	CARBS	FAT
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SNACK	CALORIES	PROTEIN	CARBS	FAT
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LUNCH	CALORIES	PROTEIN	CARBS	FAT
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SNACK	CALORIES	PROTEIN	CARBS	FAT
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DINNER	CALORIES	PROTEIN	CARBS	FAT
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TOTAL				
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