



Petal & Paper

YOUR FREE PRINTABLE

Food diary



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T O D A Y ' S F O O D D I A R Y

food diary

Meals

Breakfast: _____ Cal: ____

Morning snack: _____ Cal:

Lunch: _____ Cal: ____

Afternoon snack: _____ Cal:

Dinner: _____ Cal: ____

Evening snack: _____ Cal:

How I felt

Energy level: ____/5 Mood: ____/5

Hunger level before dinner: ____/5

Sleep last night: ____hrs

Notes: _____

Totals

Total calories: ____ Target: ____

Protein: ____g Carbs: ____g Fat: ____g

Water glasses: ☐☐☐☐☐☐☐☐

Fruit and veg portions: ____