# My Food Diary

date: _____

calorie goal: _____

| | Meals | Time | Cal | Macros |
|---|---|---|---|---|
| **B** | | | | protein:<br>carbs:<br>fat:<br>sugar: |
| **L** | | | | protein:<br>carbs:<br>fat:<br>sugar: |
| **D** | | | | protein:<br>carbs:<br>fat:<br>sugar: |
| **S** | | | | protein:<br>carbs:<br>fat:<br>sugar: |

| Hydrate | Total Calories |
|---|---|
| | |

notes:

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