

Food Journal

Name: _____

Date: _____

Meal Plan:

| | | | | | |
|--------------|----------------|-----------------|---------------|-------------|-------------|
| Milk: | Starch: | Protein: | Fruit: | Veg: | Fat: |
|--------------|----------------|-----------------|---------------|-------------|-------------|

Today's Goal: _____

| Meal | Exchanges | Food Items | Thoughts/Feelings/Physical Experiences |
|------------------|--|-------------------|---|
| Breakfast | M: Fr: S: V: P: Fa: | | |
| Snack | M: Fr: S: V: P: Fa: | | |
| Lunch | M: Fr: S: V: P: Fa: | | |
| Snack | M: Fr: S: V: P: Fa: | | |
| Dinner | M: Fr: S: V: P: Fa: | | |
| Snack | M: Fr: S: V: P: Fa: | | |

Total For Today: M: ____ Fr: ____
 S: ____ V: ____
 P: ____ Fa: ____

Total Daily Fluid Goal: _____
Today's Fluids: each equals 8 oz