

Thursday

Friday

ADVANCED Nutrition Log

WEEK OF:



Sage
Recreation & Fitness



YOU ARE WHAT YOU EAT

	MEAL	CALORIES	PROTEIN	CARBS	FAT
B					
R					
E					
A					
K					
F					
A					
S					
T					
S					
N					
A					
C					
K					
L					
U					
N					
C					
H					
S					
N					
A					
C					
K					
D					
I					
N					
N					
E					
R					
TOTAL					

	MEAL	CALORIES	PROTEIN	CARBS	FAT
B					
R					
E					
A					
K					
F					
A					
S					
T					
S					
N					
A					
C					
K					
L					
U					
N					
C					
H					
S					
N					
A					
C					
K					
D					
I					
N					
N					
E					
R					
TOTAL					

Monday

	MEAL	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST					
SNACK					
LUNCH					
SNACK					
DINNER					
TOTAL					

Tuesday

	MEAL	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST					
SNACK					
LUNCH					
SNACK					
DINNER					
TOTAL					

Wednesday

	MEAL	CALORIES	PROTEIN	CARBS	FAT
BREAKFAST					
SNACK					
LUNCH					
SNACK					
DINNER					
TOTAL					