

Thursday

BREAKFAST

Time: _____

What I ate: _____

Time: _____

What I ate: _____

LUNCH

Time: _____

What I ate: _____

Time: _____

What I ate: _____

DINNER

Time: _____

What I ate: _____

Time: _____

What I ate: _____

Friday

BREAKFAST

Time: _____

What I ate: _____

Time: _____

What I ate: _____

LUNCH

Time: _____

What I ate: _____

Time: _____

What I ate: _____

DINNER

Time: _____

What I ate: _____

Time: _____

What I ate: _____

Nutrition Log

WEEK OF:



Sage
Recreation & Fitness



YOU ARE WHAT YOU EAT

Monday

BREAKFAST

Time: _____

What I ate: _____

Time: _____

What I ate: _____

LUNCH

Time: _____

What I ate: _____

Time: _____

What I ate: _____

DINNER

Time: _____

What I ate: _____

Time: _____

What I ate: _____

Tuesday

BREAKFAST

Time: _____

What I ate: _____

Time: _____

What I ate: _____

LUNCH

Time: _____

What I ate: _____

Time: _____

What I ate: _____

DINNER

Time: _____

What I ate: _____

Time: _____

What I ate: _____

Wednesday

BREAKFAST

Time: _____

What I ate: _____

Time: _____

What I ate: _____

LUNCH

Time: _____

What I ate: _____

Time: _____

What I ate: _____

DINNER

Time: _____

What I ate: _____

Time: _____

What I ate: _____
