

Name:

Example

	Calories	Carbs	Protein	Fat
Totals Required	2981	425	97	99

Food	Calories	Carbs	Protein	Fat
Two Bagels	273	55	10	2
Juice	125	30	0	0
Tea x 3	7	0	0	0
Fruitcake	324	62	3	11
McDonalds Big Mac	414	40	24	30
McDonalds Fries	307	40	3	16
Chicken	300	0	26	21
Potatoes and Broccoli	202	45	7	0
Corn flakes	108	26	2	0
Ham Sandwich	444	51	31	12
Total	2505	349	106	92

Monday

	Calories	Carbs	Protein	Fat
Totals Required				

Food	Calories	Carbs	Protein	Fat
Total				

Tuesday

	Calories	Carbs	Protein	Fat
Totals Required				

Food	Calories	Carbs	Protein	Fat
Total				

Wednesday

	Calories	Carbs	Protein	Fat
Totals Required				

Food	Calories	Carbs	Protein	Fat
Total				

