



Makeoverfitness

Meal Journal

Date: ___/___/___ Weight: _____

| Food/Beverage | Fat (g) | Carbs (g) | Fiber | Protein | Calories | |
|-------------------------|---------|-----------|-------|---------|----------|--|
| Breakfast Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Snack Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Lunch Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Snack Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Dinner Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

Date: ___/___/___ Weight: _____

| Food/Beverage | Fat (g) | Carbs (g) | Fiber | Protein | Calories | |
|-------------------------|---------|-----------|-------|---------|----------|--|
| Breakfast Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Snack Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Lunch Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Snack Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Dinner Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

Date: ___/___/___ Weight: _____

| Food/Beverage | Fat (g) | Carbs (g) | Fiber | Protein | Calories | |
|------------------|---------|-----------|-------|---------|----------|--|
| Breakfast | Amount | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Snack | Amount | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Lunch | Amount | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Snack | Amount | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Dinner | Amount | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

Date: ___/___/___ Weight: _____

| Food/Beverage | Fat (g) | Carbs (g) | Fiber | Protein | Calories | |
|-------------------------|---------|-----------|-------|---------|----------|--|
| Breakfast Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Snack Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Lunch Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Snack Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Dinner Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

Date: ___/___/___ Weight: _____

| Food/Beverage | Fat (g) | Carbs (g) | Fiber | Protein | Calories | |
|-------------------------|---------|-----------|-------|---------|----------|--|
| Breakfast Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Snack Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Lunch Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Snack Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Dinner Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

Date: ___/___/___ Weight: _____

| Food/Beverage | Fat (g) | Carbs (g) | Fiber | Protein | Calories | |
|-------------------------|---------|-----------|-------|---------|----------|--|
| Breakfast Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Snack Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Lunch Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Snack Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Dinner Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

Date: ___/___/___ Weight: _____

| Food/Beverage | Fat (g) | Carbs (g) | Fiber | Protein | Calories | |
|-------------------------|---------|-----------|-------|---------|----------|--|
| Breakfast Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Snack Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Lunch Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Snack Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Dinner Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

Date: ___/___/___ Weight: _____

| Food/Beverage | Fat (g) | Carbs (g) | Fiber | Protein | Calories | |
|-------------------------|---------|-----------|-------|---------|----------|--|
| Breakfast Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Snack Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Lunch Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Snack Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Dinner Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

Date: ___/___/___ Weight: _____

| Food/Beverage | Fat (g) | Carbs (g) | Fiber | Protein | Calories | |
|-------------------------|---------|-----------|-------|---------|----------|--|
| Breakfast Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Snack Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Lunch Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Snack Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Dinner Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

Date: ___/___/___ Weight: _____

| Food/Beverage | Fat (g) | Carbs (g) | Fiber | Protein | Calories | |
|-------------------------|---------|-----------|-------|---------|----------|--|
| Breakfast Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Snack Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Lunch Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Snack Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Dinner Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

Date: ___/___/___ Weight: _____

| Food/Beverage | Fat (g) | Carbs (g) | Fiber | Protein | Calories | |
|-------------------------|---------|-----------|-------|---------|----------|--|
| Breakfast Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Snack Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Lunch Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Snack Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Dinner Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

Date: ___/___/___ Weight: _____

| Food/Beverage | Fat (g) | Carbs (g) | Fiber | Protein | Calories | |
|-------------------------|---------|-----------|-------|---------|----------|--|
| Breakfast Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Snack Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Lunch Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Snack Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Dinner Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

Date: ___/___/___ Weight: _____

| Food/Beverage | Fat (g) | Carbs (g) | Fiber | Protein | Calories | |
|-------------------------|---------|-----------|-------|---------|----------|--|
| Breakfast Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Snack Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Lunch Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Snack Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Dinner Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

Date: ___/___/___ Weight: _____

| Food/Beverage | Fat (g) | Carbs (g) | Fiber | Protein | Calories | |
|-------------------------|---------|-----------|-------|---------|----------|--|
| Breakfast Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Snack Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Lunch Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Snack Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Dinner Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

Date: ___/___/___ Weight: _____

| Food/Beverage | Fat (g) | Carbs (g) | Fiber | Protein | Calories | |
|-------------------------|---------|-----------|-------|---------|----------|--|
| Breakfast Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Snack Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Lunch Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Snack Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Dinner Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

Date: ___/___/___ Weight: _____

| Food/Beverage | Fat (g) | Carbs (g) | Fiber | Protein | Calories | |
|-------------------------|---------|-----------|-------|---------|----------|--|
| Breakfast Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Snack Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Lunch Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Snack Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Dinner Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

Date: ___/___/___ Weight: _____

| Food/Beverage | Fat (g) | Carbs (g) | Fiber | Protein | Calories | |
|-------------------------|---------|-----------|-------|---------|----------|--|
| Breakfast Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Snack Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Lunch Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Snack Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Dinner Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

Date: ___/___/___ Weight: _____

| Food/Beverage | Fat (g) | Carbs (g) | Fiber | Protein | Calories | |
|-------------------------|---------|-----------|-------|---------|----------|--|
| Breakfast Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Snack Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Lunch Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Snack Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Dinner Amount | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |