

# Printable Food Diary



Use this food diary to keep track of daily meals, snacks, etc. (and easily transfer your details into your online food log at [www.maintainfit.com](http://www.maintainfit.com) if you like). Keep track of the details that are important and don't get bogged down with details that you don't need. Here are a few additional resources to help you keep an accurate log.

- > <http://www.calorieking.com/foods/>
- > <http://allrecipes.com/>

<i>Date</i>	<i>Meal</i>	<i>Food Description</i>	<i>Calories</i>	<i>Fat</i> <small>(grams)</small>	<i>Carbs</i>	<i>Fiber</i> <small>(grams)</small>
_____	<b>B L D S</b>	_____	_____	_____	_____	_____
_____	<b>B L D S</b>	_____	_____	_____	_____	_____
_____	<b>B L D S</b>	_____	_____	_____	_____	_____
_____	<b>B L D S</b>	_____	_____	_____	_____	_____
_____	<b>B L D S</b>	_____	_____	_____	_____	_____
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_____	<b>B L D S</b>	_____	_____	_____	_____	_____
_____	<b>B L D S</b>	_____	_____	_____	_____	_____
_____	<b>B L D S</b>	_____	_____	_____	_____	_____
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_____	<b>B L D S</b>	_____	_____	_____	_____	_____
_____	<b>B L D S</b>	_____	_____	_____	_____	_____
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_____	<b>B L D S</b>	_____	_____	_____	_____	_____
_____	<b>B L D S</b>	_____	_____	_____	_____	_____
_____	<b>B L D S</b>	_____	_____	_____	_____	_____
_____	<b>B L D S</b>	_____	_____	_____	_____	_____

**B** = Breakfast  
**L** = Lunch  
**D** = Dinner  
**S** = Snack

This printable food diary is available for free download and discussion on my website by visiting this address:  
<http://www.maintainfit.com/blog/health-and-wellness/printable-food-journal>