

# Nutrition Diary

## Breakfast

What I ate

What I was doing while I ate

Hunger level: 1 2 3 4 5

Full Starving

## Dinner

What I ate

What I was doing while I ate

Hunger level: 1 2 3 4 5

Full Starving

Three Different-Colored Vegetables:



Three Different-Colored Fruits:



Three Calcium-Rich Foods:



## Lunch

What I ate

What I was doing while I ate

Hunger level: 1 2 3 4 5

Full Starving

## Snack

What I ate

What I was doing while I ate

Hunger level: 1 2 3 4 5

Full Starving

Four Wholesome Carbs:

- 1.
- 2.
- 3.
- 4.

Four of the Finest Fats:

- 1.
- 2.
- 3.
- 4.

Six Lean Mean Proteins:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Daily Calorie Total: