Date:												
Amounts & Food Description		Veg	Starch	Fruit	Milk	35 cal Proteins	55 cal Proteins	75 cal Proteins	100 cal Proteins	Fats	Extra Calories	Protein Grams
Amt	Food Description											
Totals		0	0	0	0	0	0	0	0	0	0	0
Calories Per Unit		Free	80	60	90	35	55	75	100	45		
Total Calories		0	0	0	0	0	0	0	0	0		
Grams of Fat/Protein						1	3	5	8	5	Total Cals	0
Total Fat Grams						0	0	0	0	0	Total Fats	0
Journal (How I felt:)												
Hunger Rating	Breakfast:		Lunch:			Dinner:			Night:			