Food Journal

Date _____ Target Calories _____

Time	Food	Amount	Calories	Fat	Carbs	Protein
						_
	_					
						_
						_
						_
		Total:				

Exercise	
Туре	Time

Water Intake (check one box per cup of water):	

Food Exchange Check List 1800 CALORIES

SUNDAY										
Starch / Carbohydrate (grain)										
Milk										
Fruit										
Meat										
Vegetable										
Fat										
Free										

MONDAY										
Starch / Carbohydrate (grain)										
Milk										
Fruit										
Meat										
Vegetable										
Fat										
Free										

TUESDAY									
Starch / Carbohydrate (grain)									
Milk									
Fruit									
Meat									
Vegetable									
Fat									
Free									

WEDNESDAY									
Starch / Carbohydrate (grain)									
Milk									
Fruit									
Meat									
Vegetable									
Fat									
Free									

Food Exchange Check List 1800 CALORIES CONT.

THURSDAY									
Starch / Carbohydrate (grain)									
Milk									
Fruit									
Meat									
Vegetable									
Fat									
Free									

FRIDAY			
Starch / Carbohydrate (grain)			
Milk			
Fruit			
Meat			
Vegetable			
Fat			
Free			

SATURDAY									
Starch / Carbohydrate (grain)									
Milk									
Fruit									
Meat									
Vegetable									
Fat									
Free									

Food Exchange Check List 1500 CALORIES

SUNDAY										
Starch / Carbohydrate (grain)										
Milk										
Fruit										
Meat										
Vegetable										
Fat										
Free										

MONDAY										
Starch / Carbohydrate (grain)										
Milk										
Fruit										
Meat										
Vegetable										
Fat										
Free										

TUESDAY									
Starch / Carbohydrate (grain)									
Milk									
Fruit									
Meat									
Vegetable									
Fat									
Free									

WEDNESDAY									
Starch / Carbohydrate (grain)									
Milk									
Fruit									
Meat									
Vegetable									
Fat									
Free									

Food Exchange Check List 1500 CALORIES CONT.

THURSDAY									
Starch / Carbohydrate (grain)									
Milk									
Fruit									
Meat									
Vegetable									
Fat									
Free									

FRIDAY									
Starch / Carbohydrate (grain)									
Milk									
Fruit									
Meat									
Vegetable									
Fat									
Free									

SATURDAY									
Starch / Carbohydrate (grain)									
Milk									
Fruit									
Meat									
Vegetable									
Fat									
Free									

Food Exchange Check List 1200 CALORIES

SUNDAY									
Starch / Carbohydrate (grain)									
Milk									
Fruit									
Meat									
Vegetable									
Fat									
Free									

MONDAY									
Starch / Carbohydrate (grain)									
Milk									
Fruit									
Meat									
Vegetable									
Fat									
Free									

TUESDAY									
Starch / Carbohydrate (grain)									
Milk									
Fruit									
Meat									
Vegetable									
Fat									
Free									

WEDNESDAY									
Starch / Carbohydrate (grain)									
Milk									
Fruit									
Meat									
Vegetable									
Fat									
Free									

Food Exchange Check List 1200 CALORIES CONT.

THURSDAY									
Starch / Carbohydrate (grain)									
Milk									
Fruit									
Meat									
Vegetable									
Fat									
Free									

FRIDAY									
Starch / Carbohydrate (grain)									
Milk									
Fruit									
Meat									
Vegetable									
Fat									
Free									

SATURDAY									
Starch / Carbohydrate (grain)									
Milk									
Fruit									
Meat									
Vegetable									
Fat									
Free									

Meal-Planning Worksheet

Day/Dinner Menu	Recipe Source	Groceries Needed
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		