



FOOD LOG (EXAMPLE)

DATE	TIME	FOOD	AMOUNT
MONDAY 10/01/25	6:00AM	CHOCOLATE CHIP CLIFF BAR BANANA	1 BAR, FULL SIZE 1 SMALL
	11:00AM	GRILLED CHICKEN NUGGETS FRUIT CUP (APPLES, GRAPES, PINEAPPLE) BAKED LAYS POTATO CHIPS	10 BITE SIZE NUGGETS 1 CUP 1 SMALL BAG
	2:30PM	PEANUT BUTTER & JELLY SANDWICH	2 PIECES BREAD, 2 TBSP PB & JELLY
	5:30PM	CHOC PROTEIN SHAKE (INCLUDE BRAND) WITH FROZEN STRAW BERRIES & SPINACH	1 SCOOP PROTEIN, 1 CUP SB & 1 HANDFUL SPINACH
	7:30PM	SOFT TACOS (BEEF, LETTUCE, TOMATOES, CHEESE, SOUR CREAM) CHIPS & SALSA	2 TACOS HEAVY ON BEEF, LIGHT ON VEGGIES) 2 HANDFULS CHIPS, 1/2 CUP SALSA
	9:00PM	BEN & JERRY'S ICE CREAM	1/2 PINT
		WATER	60 OZ
		DR. PEPPER	12 OZ
		GATORADE	16 OZ