

3799 12th Street Extension, Suite 105, Cayce, SC 29033 **Ph:** (803) 926-6820

LFPOtarrePointe.com



Daily Food Diary

Date:

	Food and Drinks	Calories	Fat (g)	Protein (g)	Carbs (g)	Sugar (g)
Breakfast						
	TOTALS:					
Morning Snack						
Lunch						
	TOTALS:					
Afternoon Snack						
Dinner						
	TOTALS:					
	TOTAL FOR THE DAY:					