Date: _____/_____/_____/ ☐Mon ☐Tue ☐Wed ☐Thur ☐Fri ☐Sat ☐Sun

| Food/Amount | Veg | Starch | Fruit | Milk | 35 cal Protein | 55 Cal Protein | 75 Cal Protein | 100 Cal Protein | Fats | Hungry Rating | Extra Calories | Protein Grams |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
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| **Totals...** | | | | | | | | | | | | |

| | Veg | Starch | Fruit | Milk | 35 Cal P | 55 Cal P | 75 Cal P | 100 Cal P | Fats |
|---|---|---|---|---|---|---|---|---|---|
| Totals | | | | | | | | | |
| Calories Per Unit | Free | 80 | 60 | 90 | 35 | 55 | 75 | 100 | 45 |
| Total Calories | | | | | | | | | |
| **Lisa's Fax- 734-284-8590; Email-** lisa@lisamerrill.com | | | | | 1 g fat | 3 g fat | 5 g fat | 8 g fat | 5 g fat |
| **Total Fat Grams Eaten...** | | | | | | | | | |

What I did Good Today: _____

| ↓Extra Cal↓ | | | |
|---|---|---|---|
| **Total Calories** | | **Goal**_____ | Over/Under |
| Total Protein Grams | | **Goal**_____ | Over/Under |
| **Total Fat Grams** | | **Goal** ≤ __ | Over/Under |