

# My Daily Diet Worksheet By the Numbers

My Weight Today: \_\_\_\_\_

Breakfast Foods	Carb Grams	Calories
_____	_____	_____
_____	_____	_____
_____	_____	_____

Snack Foods	Carb Grams	Calories
_____	_____	_____
_____	_____	_____

Lunch Foods	Carb Grams	Calories
_____	_____	_____
_____	_____	_____
_____	_____	_____

Snack Foods	Carb Grams	Calories
_____	_____	_____
_____	_____	_____

Dinner Foods	Carb Grams	Calories
_____	_____	_____
_____	_____	_____
_____	_____	_____

Snack Foods	Carb Grams	Calories
_____	_____	_____
_____	_____	_____

Calories Burned: \_\_\_\_\_    Calories Eaten: \_\_\_\_\_    Net Calories: \_\_\_\_\_

Total Carbs: \_\_\_\_\_    Sugar Calories: \_\_\_\_\_    No. of Caution Foods: \_\_\_\_\_