Daily Nutrition Log								251 A	PIE
Date:						FITNESS			
	Portions								
Breakfast Time:	Protein	Veg.	Fruit	Fats	Carbs	Calories	Sugar	Sodium	Fiber
							_		
							+	<u> </u>	
Total:					1		<u> </u>		
Lunch Time:	Protein	Veg.	Fruit	Fats	Carbs	Calories	Sugar	Sodium	Fiber
					-		 	 	
							+		
							 	<u> </u>	
Total:									
Dinner Time:	Protein	Veg.	Fruit	Fats	Carbs	Calories	Sugar	Sodium	Fiber
							+	 	
							+	<u> </u>	
T !									
Total: Snacks/Other Time:	Protein	Veg.	Fruit	Fats	Carbs	Calories	Sugar	Sodium	Fiber
Shacks/Other Time.	Frotein	veg.	TTUIL	Tats	Carbs	Calories	Jugai	Soulain	TIDEI
							<u> </u>		
							+	 	
Total:							†		
Daily Total:									
Daily Goal:									

Water Consumption:	

Difference:

Comments: