

Name: \_\_\_\_\_

Caloric Intake Goal: \_\_\_\_\_

Day

Date

[www.calorieking.com](http://www.calorieking.com)

	Carbs (g)	Protein (g)	Fat (g)	Ozs. Of Water	Calories
<b>Breakfast ( 6am-10am)</b>					
<b>A.M. Snack (10am-12pm)</b>					
<b>Lunch (12pm-2pm)</b>					
<b>P.M Snack (2pm-4pm)</b>					
<b>Dinner (4pm-8pm)</b>					
<b>Eve. Snack (8pm-12am)</b>					
<b>Other (12am-6am)</b>					
<b>TOTAL</b>					

TOTAL