

# Daily Meal Planning Worksheet

Date: \_\_\_\_\_

| FOOD                            | CALORIES |
|---------------------------------|----------|
| <i>Breakfast</i>                |          |
| _____                           | _____    |
| _____                           | _____    |
| _____                           | _____    |
| _____                           | _____    |
| <i>Breakfast total calories</i> | _____    |
| <i>Lunch</i>                    |          |
| _____                           | _____    |
| _____                           | _____    |
| _____                           | _____    |
| _____                           | _____    |
| <i>Lunch total calories</i>     | _____    |
| <i>Dinner</i>                   |          |
| _____                           | _____    |
| _____                           | _____    |
| _____                           | _____    |
| _____                           | _____    |
| <i>Dinner total calories</i>    | _____    |
| <i>Snack</i>                    |          |
| _____                           | _____    |
| _____                           | _____    |
| _____                           | _____    |
| _____                           | _____    |
| <i>Snack total calories</i>     | _____    |
| <i>Total calories</i>           | _____    |