

Daily Meal Planning Worksheet

Date: _____

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