

DAILY FOOD LOG/FILLER CHART COMBO

Day/Date									
AM Weight									
BREAKFAST									
LUNCH									
DINNER									
PM Weight									
# Total Items									
THE FILLERS									TOTAL FILLERS
Bread (0,1,2,3,4)									Bread
Salad (3-4)									Salad
Hi-End Protein (1)									Hi-End Protein
Starch (3-4)									Starch
Dessert (0,1,2,3,4)									Dessert
Beverage (0,1,2,3,4)									Beverage
Alcohol (0,1,2,3,4)									Alcohol
No-Meal Meal (1)									No-Meal meals
									BBDA

NAME: _____ EMAIL ADDRESS: _____ (BBDA = Bread, Beverage, Dessert, and Alcohol)