



# Daily Nutrition Log

Name \_\_\_\_\_ # \_\_\_\_\_

Parent Signature: \_\_\_\_\_

| Meal             | Food | MP | BC | F | V | MD | FS |
|------------------|------|----|----|---|---|----|----|
| Breakfast        |      |    |    |   |   |    |    |
|                  |      |    |    |   |   |    |    |
|                  |      |    |    |   |   |    |    |
|                  |      |    |    |   |   |    |    |
| Lunch            |      |    |    |   |   |    |    |
|                  |      |    |    |   |   |    |    |
|                  |      |    |    |   |   |    |    |
|                  |      |    |    |   |   |    |    |
| Dinner           |      |    |    |   |   |    |    |
|                  |      |    |    |   |   |    |    |
|                  |      |    |    |   |   |    |    |
|                  |      |    |    |   |   |    |    |
| Snacks           |      |    |    |   |   |    |    |
|                  |      |    |    |   |   |    |    |
|                  |      |    |    |   |   |    |    |
|                  |      |    |    |   |   |    |    |
| Total Servings → |      |    |    |   |   |    |    |

MP = Meat/Protein    BC = Bread/Cereal    F = Fruit    V = Vegetable    MD = Milk/Dairy    FS = Fats/Sugars

