

Daily Meal Record

BREAKFAST

(Protein source) _____ Estimated % of meal _____

(Carbohydrate source) _____ Estimated % of meal _____

(Fluid) _____

How you felt (mood, energy and hunger) *90 minutes after breakfast*:

MORNING SNACK

(Protein source) _____ Estimated % of meal _____

(Carbohydrate source) _____ Estimated % of meal _____

(Fluid) _____

How you felt (mood, energy and hunger) *thirty minutes later*:

LUNCH

(Protein source) _____ Estimated % of meal _____

(Carbohydrate source) _____ Estimated % of meal _____

(Fluid) _____

How you felt (mood, energy and hunger) *one to three hours after lunch*:

AFTERNOON SNACK

(Protein source) _____ Estimated % of meal _____

(Carbohydrate source) _____ Estimated % of meal _____

(Fluid) _____

How you felt (mood, energy and hunger) *thirty minutes later*:

DINNER

(Protein source) _____ Estimated % of meal _____

(Carbohydrate source) _____ Estimated % of meal _____

(Fluid) _____

How you felt (mood, energy and hunger) *90 minutes after dinner*:

AFTER DINNER or BEDTIME SNACK

(Protein source) _____ Estimated % of meal _____

(Carbohydrate source) _____ Estimated % of meal _____

(Fluid) _____

How you slept, and how you felt (mood, energy and hunger) *upon waking*:
