



YOUR LIFE!

360mws.com
925-944-5678

Food Journal

Week of _____

Monday

Breakfast: Shake or Protein-Based Meal

Lunch: Vegetables and Shake or Protein-Based Meal

Dinner: Vegetables and Protein-Based Meal

Snack: If needed

Water: 1/2 your body weight (in pounds) in ounces water

Caffeine: Limit to one cup of coffee or green/black tea

Remember, take 1 day at a time, and we are always here to help!

Breakfast:

Lunch:

Dinner:

Snack?

Exercise:

Water/Fluid:

Feelings:

Tuesday

Wednesday

Breakfast:

Lunch:

Dinner:

Snack?

Exercise:

Water/Fluid:

Feelings:

Breakfast:

Lunch:

Dinner:

Snack?

Exercise:

Water/Fluid:

Feelings:



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Food Journal

Thursday

Friday

Breakfast:

Breakfast:

Lunch:

Lunch:

Dinner:

Dinner:

Snack?

Snack?

Exercise:

Exercise:

Water/Fluid:

Water/Fluid:

Feelings:

Feelings:

Saturday

Sunday

Breakfast:

Breakfast:

Lunch:

Lunch:

Dinner:

Dinner:

Snack?

Snack?

Exercise:

Exercise:

Water/Fluid:

Water/Fluid:

Feelings:

Feelings: