

Healthy Helpful Nutrition Log

Enjoy Meals in Order Every 2-3 Hours

MEAL #1	NUTRIENTS	PLANNED	ACTUAL	EAT FOR ENERGY
Breakfast	<input type="checkbox"/> Lean Protein - <i>Meat/Dairy</i> <input type="checkbox"/> Starchy Complex Carb - <i>Whole Grains</i> <input type="checkbox"/> Fiberous Complex Carb- <i>Vegetables</i> <input type="checkbox"/> Possible <i>Fruit</i> Option <input type="checkbox"/> Essential Fat(Omega-3)- <i>Good Fat</i> <input type="checkbox"/> Hydration - <i>H2O</i>			<input type="checkbox"/> Energy
MEAL #2	NUTRIENTS	PLANNED	ACTUAL	EAT FOR ENERGY
Mid Morning	<input type="checkbox"/> Lean Protein - <i>Meat/Dairy</i> <input type="checkbox"/> Fiberous Complex Carb- <i>Vegetables</i> <input type="checkbox"/> Possible <i>Fruit</i> Option <input type="checkbox"/> Essential Fat(Omega-3)- <i>Good Fat</i> <input type="checkbox"/> Hydration - <i>H2O</i>			<input type="checkbox"/> Energy
MEAL #3	NUTRIENTS	PLANNED	ACTUAL	EAT FOR ENERGY
Lunch	<input type="checkbox"/> Lean Protein - <i>Meat/Dairy</i> <input type="checkbox"/> Starchy Complex Carb - <i>Whole Grains</i> <input type="checkbox"/> Fiberous Complex Carb- <i>Vegetables</i> <input type="checkbox"/> Essential Fat(Omega-9)- <i>Good Fat</i> <input type="checkbox"/> Hydration - <i>H2O</i>			<input type="checkbox"/> Energy
MEAL #4	NUTRIENTS	PLANNED	ACTUAL	EAT FOR ENERGY
Afternoon	<input type="checkbox"/> Lean Protein - <i>Meat/Dairy</i> <input type="checkbox"/> Fiberous Complex Carb- <i>Vegetables</i> <input type="checkbox"/> Essential Fat(Omega-9)- <i>Good Fat</i> <input type="checkbox"/> Hydration - <i>H2O</i>			<input type="checkbox"/> Energy
MEAL #5	NUTRIENTS	PLANNED	ACTUAL	EAT FOR ENERGY
Dinner	<input type="checkbox"/> Lean Protein - <i>Meat/Dairy</i> <input type="checkbox"/> Fiberous Complex Carb- <i>Vegetables</i> <input type="checkbox"/> Essential Fat(Omega-3)- <i>Good Fat</i> <input type="checkbox"/> Hydration - <i>H2O</i>			<input type="checkbox"/> Energy
MEAL #6	NUTRIENTS	PLANNED	ACTUAL	EAT FOR ENERGY
Evening	<input type="checkbox"/> Lean Protein - <i>Meat/Dairy</i> <input type="checkbox"/> Fiberous Complex Carb- <i>Vegetables</i> <input type="checkbox"/> Essential Fat(Omega-6)- <i>Good Fat</i> <input type="checkbox"/> Hydration - <i>H2O</i>			<input type="checkbox"/> Energy