MODA NUTRITION DAILY FOOD LOG©

Be sure to use this form every day to track your food intake. Studies show that those who track their food lose more weight. You're on a Mission!

"If You Can't Measure It, You Can't Manage It" - Forbes

Name: _____ **Week of:** _____ **Weight:** _____ **Waist:** _____

Events this week:
Main improvement for the week:

MONDAY

Breakfast: Protein/Grain Carbohydrate/Other
Time:

AM Snack: Time:

Lunch: Protein/Vegetable/Carbohydrate/Other
Time:

PM Snack: Time:

Dinner: Protein/Vegetable/Carbohydrate/Other
Time:

EVE Snack: Time:

Water	500ml	1.0L	1.5L	2.0L	2.5L	3.0L	3.5L	4.0L	4.5L	5.0L	
Veg	1	2	3	4	5	6	7	8	9	10	11
Fruits	1	2	3	4	5	6	7	Dairy	1	2	
Protein	2	4	6	8	10	11	12	13	14	15	16
Carb	1	2	3				Fats	1	2	3	4

Note: emotions, stress, triggers, challenges & wins:

Exercise: Time & Duration:

TUESDAY

Breakfast: Protein/Grain Carbohydrate/Other
Time:

AM Snack: Time:

Lunch: Protein/Vegetable/Carbohydrate/Other
Time:

PM Snack: Time:

Dinner: Protein/Vegetable/Carbohydrate/Other
Time:

EVE Snack: Time:

Water	500ml	1.0L	1.5L	2.0L	2.5L	3.0L	3.5L	4.0L	4.5L	5.0L	
Veg	1	2	3	4	5	6	7	8	9	10	11
Fruits	1	2	3	4	5	6	7	Dairy	1	2	
Protein	2	4	6	8	10	11	12	13	14	15	16
Carb	1	2	3				Fats	1	2	3	4

Note: emotions, stress, triggers, challenges & wins:

Exercise: Time & Duration:

WEDNESDAY

Breakfast: Protein/Grain Carbohydrate/Other
Time:

AM Snack: Time:

Lunch: Protein/Vegetable/Carbohydrate/Other
Time:

PM Snack: Time:

Dinner: Protein/Vegetable/Carbohydrate/Other
Time:

EVE Snack: Time:

Water	500ml	1.0L	1.5L	2.0L	2.5L	3.0L	3.5L	4.0L	4.5L	5.0L	
Veg	1	2	3	4	5	6	7	8	9	10	11
Fruits	1	2	3	4	5	6	7	Dairy	1	2	
Protein	2	4	6	8	10	11	12	13	14	15	16
Carb	1	2	3				Fats	1	2	3	4

Note: emotions, stress, triggers, challenges & wins:

Exercise: Time & Duration:

THURSDAY

Breakfast: Protein/Grain Carbohydrate/Other
Time:

AM Snack: Time:

Lunch: Protein/Vegetable/Carbohydrate/Other
Time:

PM Snack: Time:

Dinner: Protein/Vegetable/Carbohydrate/Other
Time:

EVE Snack: Time:

Water	500ml	1.0L	1.5L	2.0L	2.5L	3.0L	3.5L	4.0L	4.5L	5.0L	
Veg	1	2	3	4	5	6	7	8	9	10	11
Fruits	1	2	3	4	5	6	7	Dairy	1	2	
Protein	2	4	6	8	10	11	12	13	14	15	16
Carb	1	2	3				Fats	1	2	3	4

Note: emotions, stress, triggers, challenges & wins:

Exercise: Time & Duration:

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FRIDAY	**Breakfast:** Protein/Grain Carbohydrate/Other **Time:**							AM Snack:		Time:		
	Lunch: Protein/Vegetable/Carbohydrate/Other Time:							PM Snack:		Time:		
	Dinner: Protein/Vegetable/Carbohydrate/Other Time:							EVE Snack:		Time:		
	Water	500ml	1.0L	1.5L	2.0L	2.5L	3.0L	3.5L	4.0L	4.5L	5.0L	
	Veg	1	2	3	4	5	6	7	8	9	10	11
	Fruits	1	2	3	4	5	6	7	Dairy	1	2	
	Protein	2	4	6	8	10	11	12	13	14	15	16
	Carb	1	2	3				Fats	1	2	3	4
	Note: emotions, stress, triggers, challenges & wins:							Exercise:		Time & Duration:		

SATURDAY	**Breakfast:** Protein/Grain Carbohydrate/Other **Time:**							AM Snack:		Time:		
	Lunch: Protein/Vegetable/Carbohydrate/Other Time:							PM Snack:		Time:		
	Dinner: Protein/Vegetable/Carbohydrate/Other Time:							EVE Snack:		Time:		
	Water	500ml	1.0L	1.5L	2.0L	2.5L	3.0L	3.5L	4.0L	4.5L	5.0L	
	Veg	1	2	3	4	5	6	7	8	9	10	11
	Fruits	1	2	3	4	5	6	7	Dairy	1	2	
	Protein	2	4	6	8	10	11	12	13	14	15	16
	Carb	1	2	3				Fats	1	2	3	4
	Note: emotions, stress, triggers, challenges & wins:							Exercise:		Time & Duration:		

SUNDAY	**Breakfast:** Protein/Grain Carbohydrate/Other **Time:**							AM Snack:		Time:		
	Lunch: Protein/Vegetable/Carbohydrate/Other Time:							PM Snack:		Time:		
	Dinner: Protein/Vegetable/Carbohydrate/Other Time:							EVE Snack:		Time:		
	Water	500ml	1.0L	1.5L	2.0L	2.5L	3.0L	3.5L	4.0L	4.5L	5.0L	
	Veg	1	2	3	4	5	6	7	8	9	10	11
	Fruits	1	2	3	4	5	6	7	Dairy	1	2	
	Protein	2	4	6	8	10	11	12	13	14	15	16
	Carb	1	2	3				Fats	1	2	3	4
	Note: emotions, stress, triggers, challenges & wins:							Exercise:		Time & Duration:		

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