

Weekly Food Tracker

List your protein, carb, and fat for each:

MONDAY

Breakfast (7-8am)_____

Snack (10ish)_____

Lunch (Noon-ish)_____

Snack (after school)_____

Dinner (before/after practice)_____

Snack (before bed)_____

TUESDAY

Breakfast (7-8am)_____

Snack (10ish)_____

Lunch (Noon-ish)_____

Snack (after school)_____

Dinner (before/after practice)_____

Snack (before bed)_____

WEDNESDAY

Breakfast (7-8am)_____

Snack (10ish)_____

Lunch (Noon-ish)_____

Snack (after school)_____

Dinner (before/after practice)_____

Snack (before bed)_____

THURSDAY

Breakfast (7-8am)_____

Snack (10ish)_____

Lunch (Noon-ish)_____

Snack (after school)_____

Dinner (before/after practice)_____

Snack (before bed)_____