

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) _____