

105 Brevard Parkway, Lexington, SC 29073 **Ph:** (803) 951-1880 • **Fx:** (803) 951-0384

LFPWhiteKnoll.com



Daily Food Diary

Date:						
	Food and Drinks	Calories	Fat (g)	Protein (g)	Carbs (g)	Sugar (g)
Breakfast						
	TOTALS:					
Morning Snack						
Lunch						
	TOTALS:					
Afternoon Snack	TOTALO					
Dinner						
TOTALS:						