



LeSash

NUTRITION & HEALTH

1-WEEK FOOD JOURNAL FOR _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BREAKFAST				
SNACK				
LUNCH				
SNACK				
DINNER				
SNACK				
ACTIVITY				
NOTES				

	B	S	L	S	D	S	B	S	L	S	D	S	B	S	L	S	D	S	B	S	L	S	D	S
--- STARCH																								
--- VEGETABLES																								
--- FRUIT																								
--- MILK																								
--- PROTEIN																								
--- HEALTHY FATS																								
--- OTHERS																								

