

Weekly Food Log

These food logs are to track daily intake of the 3 “macronutrients”-carbohydrates, protein, and fats. There are two logs, the first uses hand portion estimates and the second uses the number of grams for each macronutrient.

1. Hand Portion Estimate Food Log

Throughout the day, mark servings of each macronutrient with a tally mark. At the end of each day, tally up the total servings of each and write that number in the “Total” column to the right of each macronutrient. The “Daily Target” for each macronutrient is individualized and should be adjusted as needed depending on your goals and response to this pattern of eating.

	Carbohydrates		Protein		Fats	
Daily Target	___ cupped handfuls	Total	___ palms	Total	___ thumbs	Total
Mon						
Tues						
Wed						
Thurs						
Fri						
Sat						
Sun						
Example:	/	11		8		12

In the example, each time a portion of each macronutrient is consumed, a tick mark is placed. Note that here we’re not worrying about what time the foods are consumed. The total daily intake is then summarized at the end of each day and can be compared to the “Daily Target” for each macronutrient.

2. Food Weighing Log

Some people prefer shooting for a target number of grams for each macronutrient. Throughout the day track the number of grams consumed for each macronutrient. At the end of the day, add up the total for each and write that number in the “Total” column to the right of each macronutrient. The “Daily Target” for each macronutrient is individualized and should be adjusted as needed depending on your goals and response to this pattern of eating.

	Carbohydrates		Protein		Fats	
Daily Target	___ grams	Total	___ grams	Total	___ grams	Total
Mon						
Tues						
Wed						
Thurs						
Fri						
Sat						
Sun						
Example:	30,30,30,40,40,40,30,10,10	260 g	25,25,30,30,40	150 g	20,12,15, 5,6,7	65 g

In the example, each time a portion of each macronutrient is consumed, the number of grams are written. Note that here we’re not worrying about what time the foods are consumed. The total daily intake is then summarized at the end of each day and can be compared to the “Daily Target” for each macronutrient.