



DAILY NUTRITION JOURNAL

By Lee Labrada - Your Lean Body Coach™

Day of Program / Date _____

	Time	Selected Foods	Protein (g)	Fat (g)	Carbs (g)	Water (oz)	Other	Calories	
MEAL #1	<input type="checkbox"/> a.m.								Meal 1 Total Calories: <input type="text"/>
	<input type="checkbox"/> p.m.								
MEAL #2	<input type="checkbox"/> a.m.								Meal 2 Total Calories: <input type="text"/>
	<input type="checkbox"/> p.m.								
MEAL #3	<input type="checkbox"/> a.m.								Meal 3 Total Calories: <input type="text"/>
	<input type="checkbox"/> p.m.								
MEAL #4	<input type="checkbox"/> a.m.								Meal 4 Total Calories: <input type="text"/>
	<input type="checkbox"/> p.m.								
MEAL #5	<input type="checkbox"/> a.m.								Meal 5 Total Calories: <input type="text"/>
	<input type="checkbox"/> p.m.								
MEAL #6	<input type="checkbox"/> a.m.								Meal 6 Total Calories: <input type="text"/>
	<input type="checkbox"/> p.m.								
+ / =	Add up the totals from each column for your daily nutritional intake. Ballpark figures are fine. ▶								

NOTES

BASICS

Foods You Can Trust: White-meat chicken, fish and lean meats, whole wheat bread, whole grain cereal, fresh fruit, steamed green vegetables, brown rice, egg whites, plain oatmeal, protein bars and shakes, red potatoes, yams, air-popped popcorn, etc.

Foods You Should Generally Avoid: Ground beef and fatty steak, pork, white bread, mayonnaise, fruit smoothies, blended coffee drinks, bagels and pastries, most Mexican cuisine, and the "usual suspects" (pizza, donuts, etc. - you know what they are!)

EXAMPLE	12:30	8 oz. Chicken Breast	62g	8g	0g	n/a	70mg sod.	280	Meal 3 Total Calories: 396
		1 cup steamed Broccoli	5g	.4g	8g	n/a		46	
	<input type="checkbox"/> a.m.	2 Rice cakes	8g	1/2g	16g	n/a		70	
	<input checked="" type="checkbox"/> p.m.	1 Diet Soda	0g	0g	0g	12 oz.		0	

▶ HOW TO USE THIS JOURNAL: Simply record the key nutrition values from the foods you include in each meal in the columns provided. Use the 'Other' column for other values you wish to monitor (sodium, calcium etc.). At the end of the day, add up the total amount of calories, protein, etc. to determine your daily nutritional intake. Use this to set goals, track your eating habits and monitor your own progress. For a listing of the nutritional content of various foods, refer to the newest edition of "GET LEAN" by Lee Labrada & Keith Klein, available online at www.labrada.com; you may also use a Nutrition Reference Guide (which will list more foods), available online or where calorie counting books are sold. **Important Note:** Consult a physician before beginning any new exercise and nutrition program. This nutrition journal and its content are intended for educational purposes only and is not intended to treat, cure or prevent any disease or health problem.