



# Free Printable Food Journal

from [Part 3: Free Printable Food Journal Template](#) Article at [BuiltLean.com](#)

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## How To Keep A Food Journal Tips

### Make Counting Veggies/Fruits Easy

Tabulating all the different food items in your meals and snacks can be a BIG pain. Make your life easier by counting a cup of veggies as 50 calories, and a cup worth of fruit as 100 calories. Just watch out for avocado, which is a vegetable but very high in (healthy) fat, which means it has a lot of calories!

### Portion Size Reference

Here are a list of portion sizes so you can eyeball them:

- 3 oz. of meat is as big as a deck or cards, or a blackberry
- 1 ounces of cheese is about size of your thumb
- 1 cup is equal to the size of a baseball
- A teaspoon is the tip of the thumb to the first joint
- A tablespoon is three thumb tips

### Use NutritionData.com For Calorie Reference

If you can't find the calorie information for foods that you want to eat, check out NutritionData.com. You can search for just about any food that you want to eat. Just pay attention to serving sizes when viewing calorie content.

### How to Calculate Calorie % Breakdown for the Day

For your reference, 1 gram of protein has 4 calories, 1 gram of carbohydrates has 4 calories, and 1 gram of fat has 9 calories. Another quick tip, 1 gram of fiber is equal to 1 gram of carbs, but it has no calories. So foods that are high in fiber will be less in calories than you would expect. One more thing, it's ok if your calorie breakdown percentages aren't perfect, you're just trying to get a sense of your macronutrient balance.

**NOTE:** The following page is a SAMPLE Food Journal for a 140 pound woman who is looking to lose 20 pounds by eating roughly 1400 calories each day. She's looking for moderate carb, moderate fat, higher protein intake, which is reflected in the calorie % breakdown.

# Sample Daily Food Journal

Date 6/16/10 Mon Tue **Wed** Thu Fri Sat Sun (circle)

|                     | Calories    | Protein (g) | Carbs (g)  | Fat (g)    |
|---------------------|-------------|-------------|------------|------------|
| <b>Daily Totals</b> | <u>1397</u> | <u>90</u>   | <u>147</u> | <u>50</u>  |
| Calorie % Breakdown | <u>100%</u> | <u>26%</u>  | <u>42%</u> | <u>32%</u> |

| Qty | Measure | Food | Calories | Protein (g) | Carbs (g) | Fat (g) | Mood Before | Mood After |
|-----|---------|------|----------|-------------|-----------|---------|-------------|------------|
|-----|---------|------|----------|-------------|-----------|---------|-------------|------------|

## Breakfast

Time of Day: 8:00am

|          |               |                          |            |           |           |          |              |                  |
|----------|---------------|--------------------------|------------|-----------|-----------|----------|--------------|------------------|
| <u>5</u> | <u>Whole</u>  | <u>Egg Whites</u>        | <u>80</u>  | <u>20</u> | <u>0</u>  | <u>0</u> | <u>Tired</u> | <u>Energized</u> |
| <u>1</u> | <u>Slice</u>  | <u>Whole Wheat Toast</u> | <u>110</u> | <u>4</u>  | <u>24</u> | <u>1</u> |              |                  |
| <u>1</u> | <u>Medium</u> | <u>Orange</u>            | <u>60</u>  | <u>0</u>  | <u>15</u> | <u>0</u> |              |                  |
|          |               |                          |            |           |           |          |              |                  |
|          |               | <b>Totals</b>            | <u>250</u> | <u>24</u> | <u>39</u> | <u>1</u> |              |                  |

## Lunch

Time of Day: 1:00pm

|            |               |                               |            |           |           |          |                 |              |
|------------|---------------|-------------------------------|------------|-----------|-----------|----------|-----------------|--------------|
| <u>4</u>   | <u>Ounces</u> | <u>Grilled Chicken Breast</u> | <u>130</u> | <u>27</u> | <u>0</u>  | <u>3</u> | <u>Relieved</u> | <u>Happy</u> |
| <u>2</u>   | <u>Cups</u>   | <u>Lettuce with Veggies</u>   | <u>60</u>  | <u>0</u>  | <u>12</u> | <u>0</u> |                 |              |
| <u>1/2</u> | <u>Cup</u>    | <u>Brown Rice</u>             | <u>108</u> | <u>3</u>  | <u>22</u> | <u>1</u> |                 |              |
| <u>2</u>   | <u>Tbsp.</u>  | <u>Wishbone Vinaigrette</u>   | <u>60</u>  | <u>0</u>  | <u>3</u>  | <u>5</u> |                 |              |
|            |               | <b>Totals</b>                 | <u>358</u> | <u>30</u> | <u>37</u> | <u>9</u> |                 |              |

## Dinner

Time of Day: 7:30pm

|          |               |                     |            |           |           |           |             |             |
|----------|---------------|---------------------|------------|-----------|-----------|-----------|-------------|-------------|
| <u>6</u> | <u>Ounces</u> | <u>Salmon</u>       | <u>232</u> | <u>24</u> | <u>0</u>  | <u>12</u> | <u>Good</u> | <u>Good</u> |
| <u>8</u> | <u>Spears</u> | <u>Asparagus</u>    | <u>24</u>  | <u>0</u>  | <u>6</u>  | <u>0</u>  |             |             |
| <u>1</u> | <u>Medium</u> | <u>Sweet Potato</u> | <u>100</u> | <u>2</u>  | <u>24</u> | <u>0</u>  |             |             |
|          |               |                     |            |           |           |           |             |             |
|          | Time of Day   | <b>Totals</b>       | <u>356</u> | <u>26</u> | <u>30</u> | <u>12</u> |             |             |

## Snacks

Time of Day: 10am/4pm

|          |                |                     |            |           |           |           |                |                |
|----------|----------------|---------------------|------------|-----------|-----------|-----------|----------------|----------------|
| <u>1</u> | <u>Handful</u> | <u>Almonds</u>      | <u>162</u> | <u>6</u>  | <u>6</u>  | <u>14</u> | <u>Ok</u>      | <u>Good</u>    |
| <u>1</u> | <u>Bar</u>     | <u>Snickers Bar</u> | <u>271</u> | <u>4</u>  | <u>35</u> | <u>14</u> | <u>Anxious</u> | <u>Guilty!</u> |
|          |                |                     |            |           |           |           |                |                |
|          |                | <b>Totals</b>       | <u>433</u> | <u>10</u> | <u>41</u> | <u>28</u> |                |                |

## Check 8 Ounce Glasses of Water



## Day in Review

I was very happy I ate wholesome, natural foods today, I kept my portions small, and overall my energy levels were really high. I was upset after I ate that snickers bar. I was stressed from work, need to be aware next time!

## How Did I Do Today?

Excellent **Great** Ok Not Good Very Bad (circle)

# Daily Food Journal

Date:                      Mon Tue Wed Thu Fri Sat Sun (circle)

|                     | Calories | Protein (g) | Carbs (g) | Fat (g) |
|---------------------|----------|-------------|-----------|---------|
| <b>Daily Totals</b> |          |             |           |         |
| Calorie % Breakdown |          |             |           |         |

| Qty | Measure | Food | Calories | Protein (g) | Carbs (g) | Fat (g) | Mood Before | Mood After |
|-----|---------|------|----------|-------------|-----------|---------|-------------|------------|
|-----|---------|------|----------|-------------|-----------|---------|-------------|------------|

**Breakfast** Time of Day:

|               |  |  |  |  |  |  |  |  |
|---------------|--|--|--|--|--|--|--|--|
|               |  |  |  |  |  |  |  |  |
|               |  |  |  |  |  |  |  |  |
|               |  |  |  |  |  |  |  |  |
|               |  |  |  |  |  |  |  |  |
|               |  |  |  |  |  |  |  |  |
| <b>Totals</b> |  |  |  |  |  |  |  |  |

**Lunch** Time of Day:

|               |  |  |  |  |  |  |  |  |
|---------------|--|--|--|--|--|--|--|--|
|               |  |  |  |  |  |  |  |  |
|               |  |  |  |  |  |  |  |  |
|               |  |  |  |  |  |  |  |  |
|               |  |  |  |  |  |  |  |  |
|               |  |  |  |  |  |  |  |  |
| <b>Totals</b> |  |  |  |  |  |  |  |  |

**Dinner** Time of Day:

|               |  |  |  |  |  |  |  |  |
|---------------|--|--|--|--|--|--|--|--|
|               |  |  |  |  |  |  |  |  |
|               |  |  |  |  |  |  |  |  |
|               |  |  |  |  |  |  |  |  |
|               |  |  |  |  |  |  |  |  |
|               |  |  |  |  |  |  |  |  |
| <b>Totals</b> |  |  |  |  |  |  |  |  |

**Snacks** Time of Day:

|               |  |  |  |  |  |  |  |  |
|---------------|--|--|--|--|--|--|--|--|
|               |  |  |  |  |  |  |  |  |
|               |  |  |  |  |  |  |  |  |
|               |  |  |  |  |  |  |  |  |
|               |  |  |  |  |  |  |  |  |
|               |  |  |  |  |  |  |  |  |
| <b>Totals</b> |  |  |  |  |  |  |  |  |

Check 8 Ounce Glasses of Water



Day in Review

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How Did I Do Today?

Excellent    Great    Ok    Not Good    Very Bad    (circle)

## About BuiltLean.com

BuiltLean.com is a free resource that helps busy individuals achieve strong, lean, healthy bodies in less time and with less hassle. Topics include:

- Motivation, exercise and nutrition tips that you can apply to your life
- Exclusive interviews with Nutritionists, Fitness Pros, and Health Experts
- Interviews with people who have successfully transformed their bodies
- Discussion about controversial topics in the fitness industry
- Other fitness related topics that will pique your interest

## About Marc Perry

Marc is the founder of BuiltLean.com and is CEO of Elite Training Partners, a privately held company based in New York City that develops fitness programs and services for busy professionals with demanding lifestyles.

A Yale graduate and former investment analyst, Marc has dedicated his life to helping others improve their health. He is a Certified Strength & Conditioning Specialist (National Strength & Conditioning Association) and a Certified Personal Trainer (American Council on Exercise).

You can connect with Marc on Facebook ([www.facebook.com/BuiltLean](http://www.facebook.com/BuiltLean)), or Twitter [marcaperry](https://twitter.com/marcaperry). Press inquiries should be directed to [press@elitetrainingpartners.com](mailto:press@elitetrainingpartners.com).



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