

# Daily Nutritional Log

Goals: Carbohydrates 5-7 grams (up to 10g) per kilogram (2.2 lbs) of body weight

Fats 1.7-2 grams “ “

Protein 1.7-2 grams “ “

My Goals: \_\_\_\_\_ g’s of carbs \_\_\_\_\_ g’s of fat \_\_\_\_\_ g’s of protein

	Carbs	Fats	Proteins
Breakfast			
Snack			
Lunch			
Snack			
Post Workout			
Dinner			
Snack			