|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Hours** | **Food/Drink Notes** | **Cal** | **Water** | **Bev** | **Grains**: | **Fruits** | **Veg** | **Dairy** | **Protein** | **Fats/Oils** |
| 12:00am |  |  |  |  |  |  |  |  |  |  |
| 1:00am |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
| 5:00am |  |  |  |  |  |  |  |  |  |  |
| 6:00am |  |  |  |  |  |  |  |  |  |  |
| 7:00am |  |  |  |  |  |  |  |  |  |  |
| 8:00am |  |  |  |  |  |  |  |  |  |  |
| 9:00am |  |  |  |  |  |  |  |  |  |  |
| 10:00am |  |  |  |  |  |  |  |  |  |  |
| 11:00am |  |  |  |  |  |  |  |  |  |  |
| 12:00pm |  |  |  |  |  |  |  |  |  |  |
| 1:00pm |  |  |  |  |  |  |  |  |  |  |
| 2:00pm |  |  |  |  |  |  |  |  |  |  |
| 3:00pm |  |  |  |  |  |  |  |  |  |  |
| 4:00pm |  |  |  |  |  |  |  |  |  |  |
| 5:00pm |  |  |  |  |  |  |  |  |  |  |
| 6:00pm |  |  |  |  |  |  |  |  |  |  |
| 7:00pm |  |  |  |  |  |  |  |  |  |  |
| 8:00pm |  |  |  |  |  |  |  |  |  |  |
| 9:00pm |  |  |  |  |  |  |  |  |  |  |
| 10:00pm |  |  |  |  |  |  |  |  |  |  |
| 11:00pm | **Total Servings or Calories for each Food Type** |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |