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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Hours** | **Food/Drink Notes** | | | **Cal** | | **Water** | | **Bev** | | **Grains**: | | **Fruits** | | **Veg** | | **Dairy** | | **Protein** | | **Fats/Oils** |
| 12:00am |  | | |  | |  | |  | |  | |  | |  | |  | |  | |  |
| 1:00am |  | | |  | |  | |  | |  | |  | |  | |  | |  | |  |
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| 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** | | |  | |  | |  | |  | |  | |  | |  | |  | |  |
|  |  | | |  | |  | |  | |  | |  | |  | |  | |  | |  |