FFR HEALTH
FIT FUELED RESOLUTE

WEEKLY FOOD LOG

2200 Elmwood Avenue Suite D11
Lafayette, Indiana 47904
(765) 756-5077
www.ffrhealth.com

Name:________________________________

Date:							
Breakfast	Protein: Vegetable: Dairy: Fruit: Other:	Protein: Vegetable: Dairy: Fruit: Other:	Protein: Vegetable: Dairy: Fruit: Other:	Protein: Vegetable: Dairy: Fruit: Other:	Protein: Vegetable: Dairy: Fruit: Other:	Protein: Vegetable: Dairy: Fruit: Other:	Protein: Vegetable: Dairy: Fruit: Other:
Lunch	Protein: Vegetable: Dairy: Fruit: Other:	Protein: Vegetable: Dairy: Fruit: Other:	Protein: Vegetable: Dairy: Fruit: Other:	Protein: Vegetable: Dairy: Fruit: Other:	Protein: Vegetable: Dairy: Fruit: Other:	Protein: Vegetable: Dairy: Fruit: Other:	Protein: Vegetable: Dairy: Fruit: Other:
Dinner	Protein: Vegetable: Dairy: Fruit: Other:	Protein: Vegetable: Dairy: Fruit: Other:	Protein: Vegetable: Dairy: Fruit: Other:	Protein: Vegetable: Dairy: Fruit: Other:	Protein: Vegetable: Dairy: Fruit: Other:	Protein: Vegetable: Dairy: Fruit: Other:	Protein: Vegetable: Dairy: Fruit: Other:
Snacks							
Water (ounces)							
Other Beverages							
Supplements (time)							
Eat out?	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N
Discomforts or observations? (bloating, nausea, vomiting, diarrhea, constipation)							