

Taste of Home

do-it-yourself MEAL PLANNING worksheet

Date: _____

Print this page so you can use it every day to plan what you're going to eat and record what you've actually eaten. Keep the pages in a folder or binder so you can look back at how you've improved. If you have especially successful weeks, look back at the worksheets so you can see what you did that worked well.

There's also a space to record how much exercise you've put into your day as well.

FOOD	CALORIES	FOOD	CALORIES
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Planned Breakfast:

_____	_____
_____	_____
_____	_____
_____	_____

PLANNED BREAKFAST TOTAL CALORIES: _____

Actual Breakfast:

_____	_____
_____	_____
_____	_____
_____	_____

ACTUAL BREAKFAST TOTAL CALORIES: _____

Planned Lunch:

_____	_____
_____	_____
_____	_____
_____	_____

PLANNED LUNCH TOTAL CALORIES: _____

Actual Lunch:

_____	_____
_____	_____
_____	_____
_____	_____

ACTUAL LUNCH TOTAL CALORIES: _____

Planned Dinner:

_____	_____
_____	_____
_____	_____
_____	_____

PLANNED DINNER TOTAL CALORIES: _____

Actual Dinner:

_____	_____
_____	_____
_____	_____
_____	_____

ACTUAL DINNER TOTAL CALORIES: _____

Planned Snacks:

_____	_____
_____	_____
_____	_____
_____	_____

PLANNED SNACKS TOTAL CALORIES: _____

Actual Snacks:

_____	_____
_____	_____
_____	_____
_____	_____

ACTUAL SNACKS TOTAL CALORIES: _____

PLANNED TOTAL CALORIES: _____

ACTUAL TOTAL CALORIES: _____

EXERCISE: _____