

# taste of home do-it-yourself MEAL PLANNING worksheet

Date: \_\_\_\_\_

Photocopy 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:** \_\_\_\_\_