

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
Planned Breakfast:		Actual Breakfast:	
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
PLANNED BREAKFAST TOTAL CALORIES: _____		ACTUAL BREAKFAST TOTAL CALORIES: _____	
Planned Lunch:		Actual Lunch:	
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
PLANNED LUNCH TOTAL CALORIES: _____		ACTUAL LUNCH TOTAL CALORIES: _____	
Planned Dinner:		Actual Dinner:	
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
PLANNED DINNER TOTAL CALORIES: _____		ACTUAL DINNER TOTAL CALORIES: _____	
Planned Snacks:		Actual Snacks:	
_____	_____	_____	_____
_____	_____	_____	_____
PLANNED SNACKS TOTAL CALORIES: _____		ACTUAL SNACKS TOTAL CALORIES: _____	
PLANNED TOTAL CALORIES: _____		ACTUAL TOTAL CALORIES: _____	

EXERCISE: _____
