

# Balanced Diet Meal Tracker

Date:

Meal	Food Items	Portion/Quantity	Main Food Group(s)	Notes
Breakfast	<input type="text" value="e.g. Oatmeal, Banana"/>	<input type="text" value="e.g. 1 bowl, 1 piece"/>	<input type="text" value="Carbohydrates"/> ▼	<input type="text" value="Optional"/>
Mid-morning Snack	<input type="text"/>	<input type="text"/>	<input type="text" value="Carbohydrates"/> ▼	<input type="text"/>
Lunch	<input type="text"/>	<input type="text"/>	<input type="text" value="Carbohydrates"/> ▼	<input type="text"/>
Afternoon Snack	<input type="text"/>	<input type="text"/>	<input type="text" value="Carbohydrates"/> ▼	<input type="text"/>
Dinner	<input type="text"/>	<input type="text"/>	<input type="text" value="Carbohydrates"/> ▼	<input type="text"/>
Evening Snack	<input type="text"/>	<input type="text"/>	<input type="text" value="Carbohydrates"/> ▼	<input type="text"/>

General Notes / Reflections:

Write thoughts or observations about your meals, mood, energy level, etc.