



# Fueling A LEAN Metabolism

Daily Food Journal for Creating LEAN



	Breakfast	Meal/Snack 2	Lunch	Meal/Snack 2	Dinner	Meal/Snack 3
Mon.	Time: _____ _____ _____	Time: _____ _____ _____	Time: _____ _____ _____	Time: _____ _____ _____	Time: _____ _____ _____	Time: _____ _____ _____
Tues.	Time: _____ _____ _____	Time: _____ _____ _____	Time: _____ _____ _____	Time: _____ _____ _____	Time: _____ _____ _____	Time: _____ _____ _____
Wed.	Time: _____ _____ _____	Time: _____ _____ _____	Time: _____ _____ _____	Time: _____ _____ _____	Time: _____ _____ _____	Time: _____ _____ _____
Thurs.	Time: _____ _____ _____	Time: _____ _____ _____	Time: _____ _____ _____	Time: _____ _____ _____	Time: _____ _____ _____	Time: _____ _____ _____
Fri.	Time: _____ _____ _____	Time: _____ _____ _____	Time: _____ _____ _____	Time: _____ _____ _____	Time: _____ _____ _____	Time: _____ _____ _____
Sat.	Time: _____ _____ _____	Time: _____ _____ _____	Time: _____ _____ _____	Time: _____ _____ _____	Time: _____ _____ _____	Time: _____ _____ _____
Sun.	Time: _____ _____ _____	Time: _____ _____ _____	Time: _____ _____ _____	Time: _____ _____ _____	Time: _____ _____ _____	Time: _____ _____ _____

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