



Fitness Results By Design, NOT Coincidence

Nutrition Daily Progress Report

Date:			
Total Portions of Protein:		Total Portions of Protein:	
Total Portions of Carbohydrates:		Total Portions of Carbohydrates:	
Total Cups of Water:		Total Cups of Water:	
PLAN		ACTUAL	
<i>Meal 1</i>		<i>Meal 1</i>	
<i>Meal 2</i>		<i>Meal 2</i>	
<i>Meal 3</i>		<i>Meal 3</i>	
<i>Meal 4</i>		<i>Meal 4</i>	
<i>Meal 5</i>		<i>Meal 5</i>	
<i>Meal 6</i>		<i>Meal 6</i>	
NOTES			



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Nutrition Daily Progress Report

SAMPLE DAY

Date: 15 th Jan 2007		Day 1 of 150	
Total Portions of Protein: 7		Total Portions of Protein: 7	
Total Portions of Carbohydrates:		Total Portions of Carbohydrates:	
Total Cups of Water: 10		Total Cups of Water:	
PLAN		ACTUAL	
Meal 1 <i>7.45 am</i>	3 egg whites, 2 pieces whole grain toast 1 orange and ½ oz almonds. 1 cup of green tea.	Meal 1 <i>7.55 am</i>	3 egg whites, 2 pieces whole grain toast 1 orange and ½ oz almonds. 1 cup of green tea.
Meal 2 <i>10.30 am</i>	Strawberries + blueberries + 1 cup low-fat cottage cheese. 2 Glasses of water.	Meal 2 <i>10.45 am</i>	Strawberries + blueberries + 1 cup low-fat cottage cheese. Glass of water.
Meal 3 <i>1.00 pm</i>	3oz tuna + fat-free mayo + multigrain bagel + fruit + 1oz nuts. 1 cup of green tea.	Meal 3 <i>1.15 pm</i>	3oz tuna + fat-free mayo + multigrain bagel + fruit + 1oz nuts. 1 cup of green tea.
Meal 4 <i>4.00 pm</i>	2 cups chocolate milk and 1 banana. Glass of water.	Meal 4 <i>4.05 pm</i>	2 cups chocolate milk and 1 banana.
Meal 5 <i>6.00 pm</i>	3oz lean steak, yam, broccoli, salad with extra-virgin olive oil and fruit. 2 Glasses of water.	Meal 5 <i>6.10 pm</i>	3oz lean steak, yam, broccoli, salad with extra-virgin olive oil and fruit. Glass of water.
Meal 6 <i>9.00 pm</i>	1 cup yogurt and ½ oz cashews	Meal 6 <i>9.00 pm</i>	1 cup yogurt and ½ oz cashews
NOTES			
I felt full of energy all today and did not feel hungry at all.			
I drank water and green tea throughout the day.			