

# Strength for Life<sup>®</sup> One-week Nutritional Diary

Name \_\_\_\_\_

Dates: \_\_\_/\_\_\_ to \_\_\_/\_\_\_/\_\_\_

**Day One:** \_\_\_/\_\_\_

**Day Two:** \_\_\_/\_\_\_

**Pre-breakfast:** Water, \_\_\_\_\_

**Pre-Breakfast:** Water, \_\_\_\_\_

**Breakfast** time: \_\_\_\_\_

**Breakfast** time: \_\_\_\_\_

Vegetables: \_\_\_\_\_

Vegetables: \_\_\_\_\_

Fats: \_\_\_\_\_

Fats: \_\_\_\_\_

Protein: \_\_\_\_\_

Protein: \_\_\_\_\_

Other: \_\_\_\_\_

Other: \_\_\_\_\_

**Snack:**

**Snack:**

Water, \_\_\_\_\_

Water, \_\_\_\_\_

**Lunch** time: \_\_\_\_\_

**Lunch** time: \_\_\_\_\_

Vegetables: \_\_\_\_\_

Vegetables: \_\_\_\_\_

Fats: \_\_\_\_\_

Fats: \_\_\_\_\_

Protein: \_\_\_\_\_

Protein: \_\_\_\_\_

Other: \_\_\_\_\_

Other: \_\_\_\_\_

**Snack:**

**Snack:**

Water, \_\_\_\_\_

Water, \_\_\_\_\_

**Dinner** time: \_\_\_\_\_

**Dinner** time: \_\_\_\_\_

Vegetables: \_\_\_\_\_

Vegetables: \_\_\_\_\_

Fats: \_\_\_\_\_

Fats: \_\_\_\_\_

Protein: \_\_\_\_\_

Protein: \_\_\_\_\_

Other: \_\_\_\_\_

Other: \_\_\_\_\_

**Post-dinner:** \_\_\_\_\_

**Post-dinner:** \_\_\_\_\_

**Day Three:** \_\_/\_\_/\_\_

**Pre-breakfast:** Water, \_\_\_\_\_

**Breakfast** time: \_\_\_\_

Vegetables: \_\_\_\_\_

Fats: \_\_\_\_\_

Protein: \_\_\_\_\_

Other: \_\_\_\_\_

**Snack:**

Water, \_\_\_\_\_

**Lunch** time: \_\_\_\_

Vegetables: \_\_\_\_\_

Fats: \_\_\_\_\_

Protein: \_\_\_\_\_

Other: \_\_\_\_\_

**Snack:**

Water, \_\_\_\_\_

**Dinner** time: \_\_\_\_

Vegetables: \_\_\_\_\_

Fats: \_\_\_\_\_

Protein: \_\_\_\_\_

Other: \_\_\_\_\_

**Post-dinner:** \_\_\_\_\_

**Day Four:** \_\_/\_\_/\_\_

**Pre-breakfast:** Water, \_\_\_\_\_

**Breakfast** time: \_\_\_\_

Vegetables: \_\_\_\_\_

Fats: \_\_\_\_\_

Protein: \_\_\_\_\_

Other: \_\_\_\_\_

**Snack:**

Water, \_\_\_\_\_

**Lunch** time: \_\_\_\_

Vegetables: \_\_\_\_\_

Fats: \_\_\_\_\_

Protein: \_\_\_\_\_

Other: \_\_\_\_\_

**Snack:**

Water, \_\_\_\_\_

**Dinner** time: \_\_\_\_

Vegetables: \_\_\_\_\_

Fats: \_\_\_\_\_

Protein: \_\_\_\_\_

Other: \_\_\_\_\_

**Post-dinner:** \_\_\_\_\_

**Day Five:** \_\_/\_\_/\_\_

**Pre-breakfast:** Water, \_\_\_\_\_

**Breakfast** time: \_\_\_\_

Vegetables: \_\_\_\_\_

Fats: \_\_\_\_\_

Protein: \_\_\_\_\_

Other: \_\_\_\_\_

**Snack:**

Water, \_\_\_\_\_

**Lunch** time: \_\_\_\_

Vegetables: \_\_\_\_\_

Fats: \_\_\_\_\_

Protein: \_\_\_\_\_

Other: \_\_\_\_\_

**Snack:**

Water, \_\_\_\_\_

**Dinner** time: \_\_\_\_

Vegetables: \_\_\_\_\_

Fats: \_\_\_\_\_

Protein: \_\_\_\_\_

Other: \_\_\_\_\_

**Post-dinner:** \_\_\_\_\_

**Day Six:** \_\_/\_\_/\_\_

**Pre-Breakfast:** Water, \_\_\_\_\_

**Breakfast** time: \_\_\_\_

Vegetables: \_\_\_\_\_

Fats: \_\_\_\_\_

Protein: \_\_\_\_\_

Other: \_\_\_\_\_

**Snack:**

Water, \_\_\_\_\_

**Lunch** time: \_\_\_\_

Vegetables: \_\_\_\_\_

Fats: \_\_\_\_\_

Protein: \_\_\_\_\_

Other: \_\_\_\_\_

**Snack:**

Water, \_\_\_\_\_

**Dinner** time: \_\_\_\_

Vegetables: \_\_\_\_\_

Fats: \_\_\_\_\_

Protein: \_\_\_\_\_

Other: \_\_\_\_\_

**Post-dinner:** \_\_\_\_\_

**Day Seven:** \_\_/\_\_/\_\_

**Pre-breakfast:** Water, \_\_\_\_\_

**Breakfast** time: \_\_\_\_\_

Vegetables: \_\_\_\_\_

Fats: \_\_\_\_\_

Protein: \_\_\_\_\_

Other: \_\_\_\_\_

**Snack:**

Water, \_\_\_\_\_

**Lunch** time: \_\_\_\_\_

Vegetables: \_\_\_\_\_

Fats: \_\_\_\_\_

Protein: \_\_\_\_\_

Other: \_\_\_\_\_

**Snack:**

Water, \_\_\_\_\_

**Dinner** time: \_\_\_\_\_

Vegetables: \_\_\_\_\_

Fats: \_\_\_\_\_

Protein: \_\_\_\_\_

Other: \_\_\_\_\_

**Post-dinner:** \_\_\_\_\_

**Overview of Current Weekly Diet**

**Strengths**

**Raw veg? Fermented? Cooked?**

**Clean proteins? Good Fats?**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Weaknesses**

**Processed “foods”?**

**Grain-based foodstuffs? (Bread, bagels, chips, muffins, oatmeal, corn bread, cereals, sodas, cookies, crackers, and other processed grass-seed products)**

**High sugar dairy products?**

**Sugary liquids (sodas, fruit juices)?** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Self-recommended Dietary Changes**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_