

# Meal Tracker

Date: \_\_\_\_\_

Time	Food Item	Amount	Carbs (g)	Fiber (g)

Total Carbs (g): \_\_\_\_\_

Fiber (g): \_\_\_\_\_

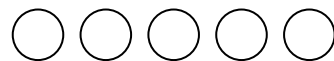
How did you feel in terms of your cravings or feelings about what you were eating before, during, or after you ate this meal?

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Hunger Level After Meal (5 is most hungry)



How much water with your meal?

