DAILY FOOD CHART

Name_____ **Date**_____

Breakfast	Calories	Lunch	Calories	Dinner	Calories	Snack	Calories

Food Category	Total Calories	Food Cost	Total Food Cost	Health Cost	Total Cost
Junk Food		X .001 =		X 10 =	
Carbohydrates		X .005 =		X 5 =	
Protein		X .007 =		X 3 =	
Fruits/Vegetables		X .01 =		X 0.5 =	