

7037 - Protein Intake Log Sheet



Every gram of protein contains 4 calories

Time: _____ : _____ : _____ : _____ : _____

Day	Breakfast		Morn. Snack		Lunch		Aft. Snack		Supper		Total Grams of Protein
	Food	Grams of Protein	Food	Grams of Protein	Food	Grams of Protein	Food	Grams of Protein	Food	Grams of Protein	
MON											
TUES											
WED											
THURS											
FRI											
SAT											
SUN											

Out of your total calories per day, 20-25% should come from protein.

Body Weight _____ lbs divided by 2.2 = _____ kg x 1 = _____ grams of protein/day

