

# Christsoldiergirlfitness Daily Nutrition Planner

[www.christsoldiergirlfitness.com](http://www.christsoldiergirlfitness.com)

Meal time	Food/drink	Calories	Fat (g)	Protein (g)	Carbs (g)	Serving size	Mood	Activity while eating
Breakfast								
Snack								
Lunch								
Snack								
Dinner								
Snack								

Summary of the day

How successful were you today?

How much water did you drink?