Food diary: per 100 g

Date _____ Training or rest day _____ Bodyweight _____ Water _____

Food	Per 100 g (from the label)				Eaten (g)	You ate: per 100 g x grams / 100				Notes
	kcal	Protein	Carbs	Fat		kcal	Protein	Carbs	Fat	

Copy the per 100 g numbers from the label, write the grams you ate, then work out each amount: per 100 g x grams / 100. Example: 12 g protein per 100 g, 150 g eaten: 12 x 150 / 100 = 18 g.

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