

FOOD JOURNAL TEMPLATE – *Courtesy of VegetarianTips.Net*

	SUN	MON	TUE	WED	THU	FRI	SAT
	Food / Quantity	Food / Quantity	Food / Quantity	Food / Quantity	Food / Quantity	Food / Quantity	Food / Quantity
Breakfast							
Lunch							
Dinner							
Supplement?							
Daily Targets Met?	<input type="checkbox"/> Iron <input type="checkbox"/> Protein <input type="checkbox"/> Calcium <input type="checkbox"/> Omega3 <input type="checkbox"/> Zinc <input type="checkbox"/> Vit. B12	<input type="checkbox"/> Iron <input type="checkbox"/> Protein <input type="checkbox"/> Calcium <input type="checkbox"/> Omega3 <input type="checkbox"/> Zinc <input type="checkbox"/> Vit. B12	<input type="checkbox"/> Iron <input type="checkbox"/> Protein <input type="checkbox"/> Calcium <input type="checkbox"/> Omega3 <input type="checkbox"/> Zinc <input type="checkbox"/> Vit. B12	<input type="checkbox"/> Iron <input type="checkbox"/> Protein <input type="checkbox"/> Calcium <input type="checkbox"/> Omega3 <input type="checkbox"/> Zinc <input type="checkbox"/> Vit. B12	<input type="checkbox"/> Iron <input type="checkbox"/> Protein <input type="checkbox"/> Calcium <input type="checkbox"/> Omega3 <input type="checkbox"/> Zinc <input type="checkbox"/> Vit. B12	<input type="checkbox"/> Iron <input type="checkbox"/> Protein <input type="checkbox"/> Calcium <input type="checkbox"/> Omega3 <input type="checkbox"/> Zinc <input type="checkbox"/> Vit. B12	<input type="checkbox"/> Iron <input type="checkbox"/> Protein <input type="checkbox"/> Calcium <input type="checkbox"/> Omega3 <input type="checkbox"/> Zinc <input type="checkbox"/> Vit. B12

Recommended Daily Quantities: IRON – 8 milligrams, PROTEIN – 20 to 30 grams, CALCIUM – 1,000 to 1,200 milligrams , OMEGA-3 – 4 grams, ZINC – 7 milligrams (women) or 9.5 milligrams (men), VITAMIN B12 – 1 to 2.4 micrograms.

