



A Lexington Medical Center Physician Practice

707 Old Cherokee Road, Lexington, SC 29072

Ph: (803) 314-9110 • Fx: (803) 314-9111

LFPOldCherokee.com



Lexington Medical Center

Daily Food Diary

Date: _____

	Food and Drinks	Calories	Fat (g)	Protein (g)	Carbs (g)	Sugar (g)
Breakfast						
TOTALS:						
Morning Snack						
Lunch						
TOTALS:						
Afternoon Snack						
Dinner						
TOTALS:						
TOTAL FOR THE DAY:						