

76 Polo Road, Columbia, SC 29223 Ph: (803) 699-7255 • Fx: (803) 699-0848

LFPNortheast.com

Lexington Medical Center

A Lexington Medical Center Physician Practice

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:					