

We created this super-simple, printable food tracker to help you keep track of your CIZE™ portions.

You can print out copies and write in your entries by hand.

## sample day

DAY: \	VEGGIES	FRUIT	PROTEIN	CARB	FAT	S&D	OIL
Meal 1		1	1				
Meal 2	2		1				1
Meal 3				1	1		
Meal 4		1					
Meal 5	1		2	1		1	1
Total	3	2	ч	2	1	į	2
Water	1	1	1	1 1	1	1	1

DAY: Meal 1	VEGGIES	FRUIT	PROTEIN	CARB	FAT	S&D	OIL
Meal 2 Meal 3 Meal 4							
Meal 5 Total							
Water				ļ			
DAY: Meal 1	VEGGIES	FRUIT	PROTEIN	CARB	FAT	S&D	OIL
Meal 2 Meal 3							
Meal 4 Meal 5 Total							
Water							
DAY:							
	VEGGIES	FRUIT	PROTEIN	CARB	FAT	S&D	OIL
Meal 1	VEGGIES	FRUIT	PROTEIN	CARB	FAT	S&D	OIL
Meal 1 Meal 2	VEGGIES	FRUIT	PROTEIN	CARB	FAT	S&D	OIL
Meal 1 Meal 2 Meal 3	VEGGIES	FRUIT	PROTEIN	CARB	FAT	S&D	OIL
Meal 1 Meal 2 Meal 3 Meal 4	VEGGIES	FRUIT	PROTEIN	CARB	FAT	S&D	OIL
Meal 1 Meal 2 Meal 3	VEGGIES	FRUIT	PROTEIN	CARB	FAT	S&D	OIL
Meal 1 Meal 2 Meal 3 Meal 4 Meal 5	VEGGIES	FRUIT	PROTEIN	CARB	FAT	S&D	OIL
Meal 1 Meal 2 Meal 3 Meal 4 Meal 5 Total Water	VEGGIES	FRUIT	PROTEIN	CARB	FAT	S&D S&D	OIL
Meal 1 Meal 2 Meal 3 Meal 4 Meal 5 Total Water							
Meal 1 Meal 2 Meal 3 Meal 4 Meal 5 Total Water  DAY: Meal 1 Meal 2 Meal 3							
Meal 1 Meal 2 Meal 3 Meal 4 Meal 5 Total Water  DAY: Meal 1 Meal 2 Meal 3 Meal 4							
Meal 1 Meal 2 Meal 3 Meal 4 Meal 5 Total Water  DAY: Meal 1 Meal 2 Meal 3							