

# MEALS & CALORIES TRACKING SHEET



**SKINNY MUSCLES**  
fitness blog for skinny guys

www.skinnymuscles.com

DAILY CALORIES TARGET: \_\_\_\_\_

WEEK: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_

MONTH: \_\_\_\_\_

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	CALORIES	CALORIES	CALORIES	CALORIES	CALORIES	CALORIES	CALORIES
BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							
SNACK							
<b>TOTALS:</b>							

WEEK: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	CALORIES	CALORIES	CALORIES	CALORIES	CALORIES	CALORIES	CALORIES
BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							
SNACK							
<b>TOTALS:</b>							

WEEK: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	CALORIES	CALORIES	CALORIES	CALORIES	CALORIES	CALORIES	CALORIES
BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							
SNACK							
<b>TOTALS:</b>							

Print Meals & Calories Tracking Sheet and enter the calories of your daily meals. Use an app such as My Fitness Pal to calculate individual meals' calories.