

Advanced Mediterranean Diet
1900 cal DAILY LOG

Day # _____
Weight _____

Grains ☐ ☐ ☐ ☐ (100 cal)
Veggies ☐ ☐ ☐ (60 cal)
Fruits ☐ ☐ ☐ ☐ (80 cal)
Fats ☐ ☐ ☐ (110 cal)
Milks ☐ ☐ (110 cal)
Proteins ☐ ☐ (200 cal)

Exercise: _____

Transgressions: _____

Comments: _____

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