

WEEKLY FOOD JOURNAL

This simple tracker is here to help you stay mindful of your daily intake. To get started, just fill in your own information, including the foods & drinks you consume throughout the day. Remember, the goal isn't perfection, it's about building awareness and making informed choices that support your health journey.

COUNT THOSE CALS EASILY!

KCAL = KJ × 0.239

KJ = KCAL × 4.184

MONDAY

	FOOD	PORTION SIZE	CALORIES	PROTEIN	CARBS	FATS
BREAKFAST						
LUNCH						
DINNER						
SNACKS						
TOTAL:						

TUESDAY

	FOOD	PORTION SIZE	CALORIES	PROTEIN	CARBS	FATS
BREAKFAST						
LUNCH						
DINNER						
SNACKS						
TOTAL:						

WEDNESDAY

	FOOD	PORTION SIZE	CALORIES	PROTEIN	CARBS	FATS
BREAKFAST						
LUNCH						
DINNER						
SNACKS						
TOTAL:						

THURSDAY

	FOOD	PORTION SIZE	CALORIES	PROTEIN	CARBS	FATS
BREAKFAST						
LUNCH						
DINNER						
SNACKS						
TOTAL:						

FRIDAY

	FOOD	PORTION SIZE	CALORIES	PROTEIN	CARBS	FATS
BREAKFAST						
LUNCH						
DINNER						
SNACKS						
TOTAL:						

SATURDAY

	FOOD	PORTION SIZE	CALORIES	PROTEIN	CARBS	FATS
BREAKFAST						
LUNCH						
DINNER						
SNACKS						
TOTAL:						

SUNDAY

	FOOD	PORTION SIZE	CALORIES	PROTEIN	CARBS	FATS
BREAKFAST						
LUNCH						
DINNER						
SNACKS						
TOTAL:						

REPLACE® LITE

TYPICAL NUTRITIONAL INFORMATION

NUTRIENT	Unit	Per 100 g	Per 240 ml serving (36 g + 200 ml water)	% NRV* per 240 ml serving (36 g + 200 ml water)
Energy	kJ	1409	507	
Calories	kcal	337	121	
Protein	g	46	17	30%
Collagen	g	3.5	1.3	
Carbohydrates	g	32.4	12	
of which total sugars	g	2.7	1.0	
Dietary Fibre ^A	g	3.3	1.2	
Total Fat	g	2.3	0.8	
of which saturated fat	g	0.7	0.3	
of which trans fatty acids	g	0.0	0.0	
of which polyunsaturated fatty acids	g	1.1	0.4	
of which omega-3 (ALA)	mg	113	41	
of which monounsaturated fatty acids	g	0.4	0.1	
Cholesterol	mg	16.0	5.8	
Total Sodium	mg	479	172	

Replace
Your Meal in a Glass

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	FOOD	SERVING	CALORIES	PROTEIN	CARBS	FATS
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						