

Talk About Twins
Twin Pregnancy: Daily Food Diary

Today's Date:

	Name of Food	Calorie Count	Grams of Protein
Breakfast			
Mid-Morning Snack			
Lunch			
Afternoon Snack			
Dinner			
Bedtime Snack			
Midnight Snack			
	Daily Totals: (Try for 3,500 calories & 130 grams of protein each day.)		