

3-Day Food Journal

In order to create a plan that works for you, it's helpful to know what you're eating now! Filling out this food journal for just three days can give a good idea of your eating schedule and current habits.

A few notes:

Be Honest: There's no judgment, and no need for shame! If you have a piece of cake, write it down! No one (including nutritionists) eat 100% healthy 100% of the time! Everything you eat is part of the larger picture, and can help to fine tune your overall meal plan. :)

Write everything down: If you added sugar to your coffee, make sure to log both the sugar and the coffee! Also be sure to track oil added to foods while cooking, and the ingredients in items like "homemade cookies" or "trail mix."

Include measurements: In order to have a better understanding of exactly how much you eat, including measurements is important! These can be volume (example: 1 cup of blueberries), or weight (example: 100 grams of cooked lentils).

Track how you feel: Write down how you're feeling - both physically and mentally - before and after eating. You may be surprised at certain patterns that emerge!

Track liquids: Be sure to write down how much liquid you're consuming as well!

Example:

Day 1	What did you eat?	How do you feel before eating?	How do you feel after eating?
9:15 am	1 cup greek yogurt ½ cup of blueberries ½ cup of granola (oats, flax, honey, raisins, pecans) 1 cup of coffee, black 1 cup of herbal tea	I was really hungry and tired this morning, and ate at 8am instead of 9am. My stomach was still a little upset.	Satisfied and full. I didn't need to eat for a few hours!

Day 1	What did you eat?	How do you feel immediately after eating?	Additional Notes:
Breakfast			
Lunch			
Dinner			
Snacks			

Day 2	What did you eat?	How do you feel immediately after eating?	Additional Notes:
Breakfast			
Lunch			
Dinner			
Snacks			

Day 3	What did you eat?	How do you feel immediately after eating?	Additional Notes:
Breakfast			
Lunch			
Dinner			
Snacks			