



**FOOD DIARY &
WEEKLY MEAL
PLANNER**

FOOD DIARY & WEEKLY MEAL PLANNER

Just because food is healthy does not mean it is healthy for YOU. In order for you to better flow through this process you need to plan. Structure precedes evolution.

For this reason, it's critical to your success to plan & track your meals and record how you feel after eating in this Food Diary. If you want to buy a journal or track your meals on your iPhone, you can do that too. I suggest tracking your meals from the beginning of the program to create awareness in how you are feeling, and how you are responding to the changes in nourishment and self care.

When consuming a food, look for reactions such as:

- Digestive imbalances
- Headaches or neck pain
- Sinus issues or congestion
- Varying energy levels
- Changing skin color or skin rashes
- Interrupted sleep or inability to stay asleep
- Joint pain, inflammation, or swelling in the fingers

HERE ARE TIPS TO GET YOU STARTED:

1. **CLUES FOR IMBALANCE:** headaches, stomach pain, muscle cramps, coughing, fatigue, insomnia, restlessness, shakiness, muscle weakness, poor concentration, pallor.
2. **CLUES FOR BALANCE:** bright eyes, hunger, stamina, natural deep breathing, high energy, restful sleep, focus, alertness, strength, good attention span, good color

EMOTIONAL symptoms may be a little harder to notice.

1. **CLUES FOR IMBALANCE:** anxious, bored, scared, mad, sad, depressed, scattered, restless, irritable, agitated, hyper
2. **CLUES FOR BALANCE:** confident, excited, energized, humorous, happy, interested, focused, calm, relaxed, easygoing, patient

Also notice if you are reaching for food when you feel bored, anxious, uncomfortable, procrastinating or for any other reason than pure hunger. Think about what you can do instead of eating.

For example....

- Can you get up and move your body to shift the energy?
- Can you go for a walk?
- Can you call a friend?
- Can you lean into the facebook group?
- Can you take a break?
- Can you take a moment to breathe?

Take some time to look over the recipes and the options. Which ones speak to you and start there. Then print out 3 copies of the Weekly Meal Planner, fill it in, even if you are eating the same thing every day. This way when you wonder what you are eating you already have made this decision!

WEEKLY MEAL PLANNER

Week	Eating Hours	Meal 1	Meal 2
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

FOOD DIARY

WHEN	FOOD	HUNGER LEVEL	SITUATION	COMMENTS
(DATE, TIME)	(PREPARATION, HOW MUCH)	(0-5)	(PLACE, ACTIVITY)	(EMOTIONAL, PHYSICAL, MOOD)
PRE-BREAKFAST				
BREAKFAST				
A.M. SNACK(S)				
LUNCH				
P.M. SNACK(S)				
DINNER				
EVENING SNACK(S)				