



YOUR *healthy*
FOOD DIARY

FOOD DIARY

Food has the power to either fuel us or deplete us. Too often we are not aware of the physical and emotional effect food has on our body and mind.

I want you to be empowered, which is why when you keep this food diary I want you to **note how your body is being effected on a physical and emotional level.**

Many of my clients experience physical imbalances from eating food such as headaches, poor sleep, bloating, skin rashes, dry eyes, insomnia, poor breathing, a bad taste in their mouth, weight gain and more. Many of my clients also experience emotional imbalances such as feeling anxious, heart palpitations, feeling sad, agitated, irritable and more.

If a certain food causes a reaction for you, or brings on imbalances whether physical or emotional, remove the food from your diet for a week and then reintroduce it to see if the same reaction occurs. If the reaction returns, then remove the food for a 3-month period, per the work of Liz Lipski.

Keep in mind, **this program is not about depriving yourself** of what your body needs. Your body will tell you what is right for you, so the key is to listen to it and be aware of the signs and symptoms of physical and emotional imbalance.

Use this diary, or buy a journal, to track and write down how you are feeling throughout this process of small, subtle changes and note if imbalances occur if you are eating out or at home.

FOOD DIARY

TIME OF EATING

FOOD AMOUNT

HUNGER LEVEL

EATING HOME/OUT

NOTES

EARLY MORNING

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

EVENING