



# Food Log

Start Date: \_\_\_\_\_

Please track everything that you are eating and drinking as well as how you're feeling before, during and after meals (lightheaded, hurried, bloated).

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:
Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:
Snacks:	Snacks:	Snacks:	Snacks:	Snacks:	Snacks:	Snacks:
How I'm feeling:	How I'm feeling:	How I'm feeling:	How I'm feeling:	How I'm feeling:	How I'm feeling:	How I'm feeling: