FOOD DIARY

Don't alter your normal eating habits. Simply write down everything you take in for five (5) days, including food, snacks, beverages, and water. State the approximate time you eat/drink each and amounts. Records any cravings, mood shifts, or digestive changes you notice after eating/drinking.

DAY	DATE	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK	CRAVINGS, MOOD, DIGESTION
		TIME	TIME	TIME	TIME	TIME	TIME	TIME
❷		TIME	TIME	TIME	TIME	TIME	TIME	TIME

		TIME	TIME	TIME	TIME	TIME	TIME	TIME
❹		TIME	TIME	TIME	TIME	TIME	TIME	TIME
❺		TIME	TIME	TIME	TIME	TIME	TIME	TIME