



NAME _____

If it goes in your mouth, it goes on this Log 😊 Mark “[1]” for each fist-size portion (~8oz), can use fractions

| 1 st Day – Date _____ Score _____ | 2 nd Day – Date _____ Score _____ | 3 rd Day – Date _____ Score _____ |
|---|---|---|
| [] # Hours Sleep | [] # Hours Sleep | [] # Hours Sleep |
| Bowel Movement? | Bowel Movement? | Bowel Movement? |
| AM | AM | AM |
| [] Drinks non-sweet | [] Drinks non-sweet | [] Drinks non-sweet |
| [] Meat, Poultry, Fish, Eggs | [] Meat, Poultry, Fish, Eggs | [] Meat, Poultry, Fish, Eggs |
| [] Plants and roots | [] Plants and roots | [] Plants and roots |
| [] Plant proteins & protein powder | [] Plant proteins & protein powder | [] Plant proteins & protein powder |
| [] Fruit | [] Fruit | [] Fruit |
| [] Dairy | [] Dairy | [] Dairy |
| [] Refined Starches Russets, fries, grains, bread, chips, muffins... | [] Refined Starches Russets, fries, grains, bread, chips, muffins... | [] Refined Starches Russets, fries, grains, bread, chips, muffins... |
| [] Sweets, sweet drinks | [] Sweets, sweet drinks | [] Sweets, sweet drinks |
| Pain? Bloating? Rash? Other? Where: | Pain? Bloating? Rash? Other? Where: | Pain? Bloating? Rash? Other? Where: |
| NOON-AFTERNOON | NOON-AFTERNOON | NOON-AFTERNOON |
| [] Drinks non-sweet | [] Drinks non-sweet | [] Drinks non-sweet |
| [] Meat, Poultry, Fish, Eggs | [] Meat, Poultry, Fish, Eggs | [] Meat, Poultry, Fish, Eggs |
| [] Plants and roots | [] Plants and roots | [] Plants and roots |
| [] Plant proteins & protein powder | [] Plant proteins & protein powder | [] Plant proteins & protein powder |
| [] Fruit | [] Fruit | [] Fruit |
| [] Dairy | [] Dairy | [] Dairy |
| [] Refined Starches Russets, fries, grains, bread, chips, muffins... | [] Refined Starches Russets, fries, grains, bread, chips, muffins... | [] Refined Starches Russets, fries, grains, bread, chips, muffins... |
| [] Sweets, sweet drinks | [] Sweets, sweet drinks | [] Sweets, sweet drinks |
| Pain? Bloating? Rash? Other? Where: | Pain? Bloating? Rash? Other? Where: | Pain? Bloating? Rash? Other? Where: |
| EVE | EVE | EVE |
| [] Drinks non-sweet | [] Drinks non-sweet | [] Drinks non-sweet |
| [] Meat, Poultry, Fish, Eggs | [] Meat, Poultry, Fish, Eggs | [] Meat, Poultry, Fish, Eggs |
| [] Plants and roots | [] Plants and roots | [] Plants and roots |
| [] Plant proteins & protein powder | [] Plant proteins & protein powder | [] Plant proteins & protein powder |
| [] Fruit | [] Fruit | [] Fruit |
| [] Dairy | [] Dairy | [] Dairy |
| [] Refined Starches, Russets, fries grains, bread, chips, muffins... | [] Refined Starches, Russets, fries grains, bread, chips, muffins... | [] Refined Starches, Russets, fries grains, bread, chips, muffins... |
| [] Sweets, sweet drinks | [] Sweets, sweet drinks | [] Sweets, sweet drinks |
| Pain? Bloating? Rash? Other? Where: | Pain? Bloating? Rash? Other? Where: | Pain? Bloating? Rash? Other? Where: |
| 15 min 30 min 45 min 60 min Type: | 15 min 30 min 45 min 60 min Type: | 15 min 30 min 45 min 60 min Type: |

Be complete and try to categorize, include sauces and fats served with the item. DO mark how much fluids and sleep each day.

Emotions/Sensations means headaches, joint aches, stomach/intestinal issues, moodiness (what type), “brain fog”, skin rashes, tingling... you name it. Thanks!



Multiply "green" x3, "black"x1, "orange" x -1; "red" x -3 = Total Nourishment Score _____

4^h Day – Date _____ Score _____

[] # Hours Sleep

Bowel Movement?

AM

- [] Drinks non-sweet
- [] Meat, Poultry, Fish, Eggs
- [] Plants and roots
- [] Plant proteins & protein powder
- [] Fruit
- [] Dairy
- [] Refined Starches Russets, fries, grains, bread, chips, muffins...
- [] Sweets, sweet drinks

Pain? Bloating? Rash? Other? Where:



NOON-AFTERNOON

- [] Drinks non-sweet
- [] Meat, Poultry, Fish, Eggs
- [] Plants and roots
- [] Plant proteins & protein powder
- [] Fruit
- [] Dairy
- [] Refined Starches Russets, fries, grains, bread, chips, muffins...
- [] Sweets, sweet drinks

Pain? Bloating? Rash? Other? Where:



EVE

- [] Drinks non-sweet
- [] Meat, Poultry, Fish, Eggs
- [] Plants and roots
- [] Plant proteins & protein powder
- [] Fruit
- [] Dairy
- [] Refined Starches, Russets, fries grains, bread, chips, muffins...
- [] Sweets, sweet drinks

Pain? Bloating? Rash? Other? Where:



15 min 30 min 45 min 60 min Type:

Today STRESS

5^h Day – Date _____ Score _____

[] # Hours Sleep

Bowel Movement?

AM

- [] Drinks non-sweet
- [] Meat, Poultry, Fish, Eggs
- [] Plants and roots
- [] Plant proteins & protein powder
- [] Fruit
- [] Dairy
- [] Refined Starches Russets, fries, grains, bread, chips, muffins...
- [] Sweets, sweet drinks

Pain? Bloating? Rash? Other? Where:



NOON-AFTERNOON

- [] Drinks non-sweet
- [] Meat, Poultry, Fish, Eggs
- [] Plants and roots
- [] Plant proteins & protein powder
- [] Fruit
- [] Dairy
- [] Refined Starches Russets, fries, grains, bread, chips, muffins...
- [] Sweets, sweet drinks

Pain? Bloating? Rash? Other? Where:



EVE

- [] Drinks non-sweet
- [] Meat, Poultry, Fish, Eggs
- [] Plants and roots
- [] Plant proteins & protein powder
- [] Fruit
- [] Dairy
- [] Refined Starches, Russets, fries grains, bread, chips, muffins...
- [] Sweets, sweet drinks

Pain? Bloating? Rash? Other? Where:



15 min 30 min 45 min 60 min Type:

Today STRESS

6th Day – Date _____ Score _____

[] # Hours Sleep

Bowel Movement?

AM

- [] Drinks non-sweet
- [] Meat, Poultry, Fish, Eggs
- [] Plants and roots
- [] Plant proteins & protein powder
- [] Fruit
- [] Dairy
- [] Refined Starches Russets, fries, grains, bread, chips, muffins...
- [] Sweets, sweet drinks

Pain? Bloating? Rash? Other? Where:



NOON-AFTERNOON

- [] Drinks non-sweet
- [] Meat, Poultry, Fish, Eggs
- [] Plants and roots
- [] Plant proteins & protein powder
- [] Fruit
- [] Dairy
- [] Refined Starches Russets, fries, grains, bread, chips, muffins...
- [] Sweets, sweet drinks

Pain? Bloating? Rash? Other? Where:



EVE

- [] Drinks non-sweet
- [] Meat, Poultry, Fish, Eggs
- [] Plants and roots
- [] Plant proteins & protein powder
- [] Fruit
- [] Dairy
- [] Refined Starches, Russets, fries grains, bread, chips, muffins...
- [] Sweets, sweet drinks

Pain? Bloating? Rash? Other? Where:



15 min 30 min 45 min 60 min Type:

Today STRESS