



SUMMER

14 - DAY FOOD DIARY DAY TO DAY

FOOD DIARY

“The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison.”

– Ann Wigmore, founder of the Hippocrates Health Institute

I cannot encourage you strongly enough to take advantage of the food diary during each phase of the program.

The food diary is not there to count calories or dwell on fat. Rather, it is an opportunity for you to identify exactly which foods work for you and which do not. Use your food diary to note how you feel after each meal. Are you energized or exhausted? Do you notice any emotional triggers that make you crave certain foods? Gathering this information systematically over the course of the program will give us a more objective view than relying on memory.

You can print out the food diary below or just use it as a template for writing in a journal or your computer. Do whatever works for you. If you're on the go, feel free to jot notes on Post-its or in your smartphone before transferring to your food diary at night. The important thing is getting the information down as consistently as you can.

Remember, we are detectives looking for hidden clues. If you're waking up in the middle of the night, for example, the hour at which your eyes pop open can help identify which organ is out of sync.

CLUES TO NOTE IN YOUR FOOD DIARY:

PHYSICAL symptoms are bodily sensations.

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, and hyper.
2. **CLUES FOR BALANCE:** confident, excited, energized, humorous, happy, interested, focused, calm, relaxed, easygoing, patient.

Adapted from *Potatoes Not Prozac*, by Kathleen DesMaisons, PhD

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				
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DINNER				
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THE TRANSITION PHASE

(PHASE 3)

Each phase of the program is key to a successful program.

In **PHASE 1**, you start to reduce sugar, caffeine, gluten, and dairy. Easing into the program allows you to minimize withdrawal symptoms.

PHASE 2 involves eliminating other foods that are common irritants, as listed on the Do Not Eat list. This allows the body to get rid of harmful toxins and gives the cleansing organs a rest. It also gives us a cleaner slate from which to determine food sensitivities during Phase 3.

PHASE 3 is when you add back potentially sensitive foods to your diet, one at a time every two days. If you are already aware of existing food allergies/sensitivities or have a history of candida, digestive issues, hormonal imbalances, or an autoimmune, then you may want to extend the transition phase and add back a food every three to five days.

Pay attention to any reactions as you reintroduce foods during Phase 3 and note them in your Food Diary. Common symptoms to look for include:

- Digestive imbalances
- Headaches or neck pain
- Sinus issues or congestion
- Energy levels changing
- Skin color changing or skin rashes
- Interrupted sleep, inability to stay asleep

- Joint pain, inflammation, or swelling in the fingers

I like to add one food back at a time so I know if a food is triggering me. You can eat that one food more than once on that day to see if you are triggered. Look for any of the above reactions and note them in your Food Diary.

You have suggested meals for 14 days of the program. We have 7 days of eliminating foods in Phase 2 and then 7 days of re-introducing foods in Phase 3, where you add a new food every 2 days. If you know you are intolerant or allergic to a food suggested below, please do not add in that particular food and choose another high allergen food from the list in the Guide. This is your divine opportunity to see what fuels your unique body. Remember we are unique individuals; what worked for you last year, or last month, may not work for you now, which is why I am teaching you these tools – how to listen to your body and look for the hidden inflammation.

Day 8: (day 1 of transition): You will be adding eggs back into your diet for breakfast, a high allergen food.

Day 10: (day 3 of transition): You will be adding beans with your collard wrap for your transition. Note how your body feels in your food diary during this process.

Day 12: (day 5 of transition): You will be adding in goat cheese. This cheese is easier to digest than cheese made from cow, and is less mucus producing. Additionally, you will see how dairy effects your digestion and mood.

Day 14: (day 7 of transition): You will be adding in a corn salad. You can have this salad raw or cooked. It is best if corn is local and non-GMO. Corn is found in so many of our foods and is a common high allergen. Notice how you feel after you consume this food.

BEYOND THE PROGRAM

You may wish to continue to write in your Food Diary/journal beyond the program to stay in-tune with how food is affecting you. I know the Food Diary keeps me accountable to the food that enters my body. Since using the Food Diary, I have been able to uncover hidden food intolerances that I would have never discovered if I did not document them daily.

I also would have never realized that each day at 4 PM, I was craving sugar and salt and feeling depleted, which left me feeling withdrawal symptoms at times. Once I realized this, I upped the power of my foods at 4 PM, eating a nutrient-dense snack, like the protein balls; my life changed. I could not believe that my constant cravings for sugar began to fade away when I gave myself the amino acids and nutrients I needed to balance my blood sugar.

If you have been struggling with weight or constant digestive wellness issues, then I encourage you to go slow and be patient. You have taken a huge leap, both emotionally and physically, cleaning out the house – your

body. Sometimes you need to take Phase 3 slower and add in foods every 5-7 days. My clients who struggle with digestive issues often find they need to omit the reactive foods for at least 6 months and stay on probiotics before they begin to add those foods back in.

Be gentle with yourself and use this guide to help you stay in-tune with your body, your needs and what really ignites you in life.



AWAKEN

Time for you to LOOK like you've made it