



Did you know that keeping track is the secret?



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				
P.M. SNACK(S)				
DINNER				
EVENING SNACK(S)				

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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.



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