

KEEPING TRACK OF WHAT WE EAT IS BENEFICIAL
WHEN SOMETHING MAKES US BLOATED OR
GIVES US AN UPSET STOMACH AND WE DON'T
REALLY KNOW WHAT IT IS.
WE WILL BE ABLE TO SEE WHAT FOODS POP UP
THE MOST AND GO THROUGH A THREE WEEK
ELIMINATION DIET IN ORDER TO OBSERVE
CHANGES IN OUR BODIES

*Ever wondered if you snack too often?
Journaling will tell you exactly! There will be no
need to stop it, as snacking healthy is very
beneficial in keeping you blood sugar levels at a
constant however ensure you are leaving time for
digestion in between.
You wouldn't want to go longer than 5 hours
without eating.*

CAN ALSO SHOW WHETHER YOU ARE EATING
ENOUGH OF EACH FOOD GROUP. IF YOUR FOOD
DIARY CONSISTS OF MAINLY CARBOHYDRATES
AND PROTEINS, THEN YOU'RE NOT GETTING THE
VITAMINS YOU NEED FROM FRUITS AND
VEGETABLES. KEEPING A FOOD DIARY WILL
ALLOW YOU TO ANALYZE WHAT FOODS YOU ARE
NOT EATING ENOUGH OF, OR WHICH ONES
YOU'RE EATING TOO MUCH.

WEEKLY FOOD JOURNAL


active wellness
pilates | health coach | yoga

2020

MONTH:

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Breakfast :

Lunch:

Dinner:

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Breakfast :

Lunch:

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Breakfast :

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