



NAME: _____

DATE RANGE: _____



Day 1 - Day:

Date:

BREAKFAST:

Protein (Meat, nuts, etc.)	Vegetables - Cooked
Carbohydrates	Vegetables - Raw
Drinks	Fats (Butter, oils, etc)

LUNCH:

Protein (Meat, nuts, etc.)	Vegetables - Cooked
Carbohydrates	Vegetables - Raw
Drinks	Fats (Butter, oils, etc)

DINNER:

Protein (Meat, nuts, etc.)	Vegetables - Cooked
Carbohydrates	Vegetables - Raw
Drinks	Fats (Butter, oils, etc)

Other Food:

MID-MORNING SNACK:

Sleep: Number of Hours:

Other Food:

MID-AFTERNOON SNACK:

Number of Bowel Movements:

Other Food:

NIGHTTIME SNACK:

Total Water Intake (in oz):

Day 2 - Day:

Date:

BREAKFAST:

Protein (Meat, nuts, etc.)	Vegetables - Cooked
Carbohydrates	Vegetables - Raw
Drinks	Fats (Butter, oils, etc)

LUNCH:

Protein (Meat, nuts, etc.)	Vegetables - Cooked
Carbohydrates	Vegetables - Raw
Drinks	Fats (Butter, oils, etc)

DINNER:

Protein (Meat, nuts, etc.)	Vegetables - Cooked
Carbohydrates	Vegetables - Raw
Drinks	Fats (Butter, oils, etc)

Other Food:

MID-MORNING SNACK:

Sleep: Number of Hours:

Other Food:

MID-AFTERNOON SNACK:

Number of Bowel Movements:

Other Food:

NIGHTTIME SNACK:

Total Water Intake (in oz):

Day 3 - Day:

Date:

BREAKFAST:

Protein (Meat, nuts, etc.)	Vegetables - Cooked
Carbohydrates	Vegetables - Raw
Drinks	Fats (Butter, oils, etc)

LUNCH:

Protein (Meat, nuts, etc.)	Vegetables - Cooked
Carbohydrates	Vegetables - Raw
Drinks	Fats (Butter, oils, etc)

DINNER:

Protein (Meat, nuts, etc.)	Vegetables - Cooked
Carbohydrates	Vegetables - Raw
Drinks	Fats (Butter, oils, etc)

Other Food:

MID-MORNING SNACK:

Sleep: Number of Hours:

Other Food:

MID-AFTERNOON SNACK:

Number of Bowel Movements:

Other Food:

NIGHTTIME SNACK:

Total Water Intake (in oz):

Day 4 - Day:

Date:

BREAKFAST:

Protein (Meat, nuts, etc.)	Vegetables - Cooked
Carbohydrates	Vegetables - Raw
Drinks	Fats (Butter, oils, etc)

Other Food:

MID-MORNING SNACK:

Sleep: Number of Hours:

LUNCH:

Protein (Meat, nuts, etc.)	Vegetables - Cooked
Carbohydrates	Vegetables - Raw
Drinks	Fats (Butter, oils, etc)

Other Food:

MID-AFTERNOON SNACK:

Number of Bowel Movements:

DINNER:

Protein (Meat, nuts, etc.)	Vegetables - Cooked
Carbohydrates	Vegetables - Raw
Drinks	Fats (Butter, oils, etc)

Other Food:

NIGHTTIME SNACK:

Total Water Intake (in oz):

Day 5 - Day:

Date:

BREAKFAST:

Protein (Meat, nuts, etc.)	Vegetables - Cooked
Carbohydrates	Vegetables - Raw
Drinks	Fats (Butter, oils, etc)

Other Food:

MID-MORNING SNACK:

Sleep: Number of Hours:

LUNCH:

Protein (Meat, nuts, etc.)	Vegetables - Cooked
Carbohydrates	Vegetables - Raw
Drinks	Fats (Butter, oils, etc)

Other Food:

MID-AFTERNOON SNACK:

Number of Bowel Movements:

DINNER:

Protein (Meat, nuts, etc.)	Vegetables - Cooked
Carbohydrates	Vegetables - Raw
Drinks	Fats (Butter, oils, etc)

Other Food:

NIGHTTIME SNACK:

Total Water Intake (in oz):

Day 6 - Day:

Date:

BREAKFAST:

Protein (Meat, nuts, etc.)	Vegetables - Cooked
Carbohydrates	Vegetables - Raw
Drinks	Fats (Butter, oils, etc)

Other Food:

MID-MORNING SNACK:

Sleep: Number of Hours:

LUNCH:

Protein (Meat, nuts, etc.)	Vegetables - Cooked
Carbohydrates	Vegetables - Raw
Drinks	Fats (Butter, oils, etc)

Other Food:

MID-AFTERNOON SNACK:

Number of Bowel Movements:

DINNER:

Protein (Meat, nuts, etc.)	Vegetables - Cooked
Carbohydrates	Vegetables - Raw
Drinks	Fats (Butter, oils, etc)

Other Food:

NIGHTTIME SNACK:

Total Water Intake (in oz):

Day 7 - Day:

Date:

BREAKFAST:

Protein (Meat, nuts, etc.)	Vegetables - Cooked
Carbohydrates	Vegetables - Raw
Drinks	Fats (Butter, oils, etc)

Other Food:

MID-MORNING SNACK:

Sleep: Number of Hours:

LUNCH:

Protein (Meat, nuts, etc.)	Vegetables - Cooked
Carbohydrates	Vegetables - Raw
Drinks	Fats (Butter, oils, etc)

Other Food:

MID-AFTERNOON SNACK:

Number of Bowel Movements:

DINNER:

Protein (Meat, nuts, etc.)	Vegetables - Cooked
Carbohydrates	Vegetables - Raw
Drinks	Fats (Butter, oils, etc)

Other Food:

NIGHTTIME SNACK:

Total Water Intake (in oz):