



Sleep: Number of Hours:



NAME:	
DATE RANGE: -	



Total Water Intake (in oz):

		Day 1 - Day:	Date:		
BREAKFAST:		LUNCH:		DINNER:	
Protein (Meat, nuts, etc.)	Vegetables - Cooked	Protein (Meat, nuts, etc.)	Vegetables - Cooked	Protein (Meat, nuts, etc.)	Vegetables - Cooked
Carbohydrates	Vegetables - Raw	Carbohydrates	Vegetables - Raw	Carbohydrates	Vegetables - Raw
Drinks	Fats (Butter, oils, etc)	Drinks	Fats (Butter, oils, etc)	Drinks	Fats (Butter, oils, etc)
Other Food:		Other Food:		Other Food:	
MID-MORNING SNACK:		MID-AFTERNOON SNACK:		NIGHTTIME SNACK:	
Sleep: Number of Hours:		Number of Bowel Mov		Total Water Intake (in	ı oz):
		Day 2 - Day:	Date:		
BREAKFAST:	Tu tu o tu	LUNCH:	Tv	DINNER:	Tu tu o tu
Protein (Meat, nuts, etc.)	Vegetables - Cooked	Protein (Meat, nuts, etc.)	Vegetables - Cooked	Protein (Meat, nuts, etc.)	Vegetables - Cooked
Carbohydrates	Vegetables - Raw	Carbohydrates	Vegetables - Raw	Carbohydrates	Vegetables - Raw
Drinks	Fats (Butter, oils, etc)	Drinks	Fats (Butter, oils, etc)	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:		LUNCH:		DINNER:	
Protein (Meat, nuts, etc.)	Vegetables - Cooked	Protein (Meat, nuts, etc.)	Vegetables - Cooked	Protein (Meat, nuts, etc.)	Vegetables - Cooked
Carbohydrates	Vegetables - Raw	Carbohydrates	Vegetables - Raw	Carbohydrates	Vegetables - Raw
Drinks	Fats (Butter, oils, etc)	Drinks	Fats (Butter, oils, etc)	Drinks	Fats (Butter, oils, etc)
Other Food: MID-MORNING SNACK:		Other Food: MID-AFTERNOON SNACK:		Other Food: NIGHTTIME SNACK:	

Number of Bowel Movements:

		Day 4 - Day:	Date:			
BREAKFAST:		LUNCH:		DINNER:		
Protein (Meat, nuts, etc.)	Vegetables - Cooked	Protein (Meat, nuts, etc.)	Vegetables - Cooked	Protein (Meat, nuts, etc.)	Vegetables - Cooked	
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Carbohydrates	Vegetables - Raw	Carbohydrates	Vegetables - Raw	Carbohydrates	Vegetables - Raw	
Drinks	Fats (Butter, oils, etc)	Drinks	Fats (Butter, oils, etc)	Drinks	Fats (Butter, oils, etc)	
Other Food:		Other Food:		Other Food:		
MID-MORNING SNACK:		MID-AFTERNOON SNACK:		NIGHTTIME SNACK:		
Sleep: Number of Hours:		Number of Bowel Mov				
Sieep: Number of Hol	Jrs:			Total Water Intake (in	OZ):	
		Day 5 - Day :	Date:			
BREAKFAST:		LUNCH:		DINNER:		
Protein (Meat, nuts, etc.)	Vegetables - Cooked	Protein (Meat, nuts, etc.)	Vegetables - Cooked	Protein (Meat, nuts, etc.)	Vegetables - Cooked	
Carbohydrates	Vegetables - Raw	Carbohydrates	Vegetables - Raw	Carbohydrates	Vegetables - Raw	
Drinks	Fats (Butter, oils, etc)	Drinks	Fats (Butter, oils, etc)	Drinks	Fats (Butter, oils, etc)	
26	ate (Battet, one, ote)		. 4.6 (24.6.), 5.6, 5.6)		. 416 (2416.), 5.16, 516)	
Other Food:		Other Food:		Other Food:		
MID-MORNING SNA	CV.	MID-AFTERNOON SN			NIGHTTIME SNACK:	
Sleep: Number of Ho	ırs:	Number of Bowel Mov		Total Water Intake (in	oz):	
		Day 6 - Day:	Date:			
BREAKFAST:		LUNCH:		DINNER:		
Protein (Meat, nuts, etc.)	Vegetables - Cooked	Protein (Meat, nuts, etc.)	Vegetables - Cooked	Protein (Meat, nuts, etc.)	Vegetables - Cooked	
Carbohydrates	Vegetables - Raw	Carbohydrates	Vegetables - Raw	Carbohydrates	Vegetables - Raw	
Carbonydrates	vegetables - Raw	Carbonydrates	vegetables - Raw	Carbonydrates	vegetables - Raw	
Drinks	Fats (Butter, oils, etc)	Drinks	Fats (Butter, oils, etc)	Drinks	Fats (Butter, oils, etc)	
Other Food:		Other Food:		Other Food:		
MID-MORNING SNACK:		MID-AFTERNOON SNACK:		NIGHTTIME SNACK:		
Sleep: Number of Ho				Total Water Intake (in oz):		
	irs.			rotal vvator intako (iii	02).	
олоорт таллаот от т.о.	urs:	Number of Bowel Mov		,		
·	urs:	Day 7 - Day:	Date:			
·	urs:			DINNER:		
BREAKFAST: Protein (Meat, nuts, etc.)	Vegetables - Cooked	Day 7 - Day:			Vegetables - Cooked	
BREAKFAST: Protein (Meat, nuts, etc.)	Vegetables - Cooked	Day 7 - Day: LUNCH: Protein (Meat, nuts, etc.)	Date: Vegetables - Cooked	DINNER: Protein (Meat, nuts, etc.)		
BREAKFAST:		Day 7 - Day:	Date:	DINNER:	Vegetables - Cooked Vegetables - Raw	
BREAKFAST: Protein (Meat, nuts, etc.)	Vegetables - Cooked	Day 7 - Day: LUNCH: Protein (Meat, nuts, etc.)	Date: Vegetables - Cooked	DINNER: Protein (Meat, nuts, etc.)		
BREAKFAST: Protein (Meat, nuts, etc.) Carbohydrates	Vegetables - Cooked Vegetables - Raw	Day 7 - Day: LUNCH: Protein (Meat, nuts, etc.) Carbohydrates	Vegetables - Cooked Vegetables - Raw	DINNER: Protein (Meat, nuts, etc.) Carbohydrates	Vegetables - Raw	
BREAKFAST: Protein (Meat, nuts, etc.) Carbohydrates Drinks	Vegetables - Cooked Vegetables - Raw	Day 7 - Day: LUNCH: Protein (Meat, nuts, etc.) Carbohydrates Drinks	Vegetables - Cooked Vegetables - Raw	DINNER: Protein (Meat, nuts, etc.) Carbohydrates Drinks	Vegetables - Raw	
BREAKFAST: Protein (Meat, nuts, etc.) Carbohydrates	Vegetables - Cooked Vegetables - Raw Fats (Butter, oils, etc)	Day 7 - Day: LUNCH: Protein (Meat, nuts, etc.) Carbohydrates	Vegetables - Cooked Vegetables - Raw Fats (Butter, oils, etc)	DINNER: Protein (Meat, nuts, etc.) Carbohydrates	Vegetables - Raw Fats (Butter, oils, etc)	