



# 3 Day Food Journal

## ***Instructions for Completing the Food Journal***

The goal in tracking your foods for a few days is to help you connect how you're feeling with what you're eating, and to pay attention to whether you're eating regularly, skipping meals, and getting in the foods in the Replenish Diet from *The Adrenal Thyroid Revolution* for keeping your blood sugar and energy steady, your mind focused, and you feeling great.

Here are some tips for filling it out:

- Write down what you've eaten as soon as possible after each time you eat.
- Include any items. For example: tea with 1 teaspoon sugar, potato with 2 teaspoons butter, etc.
- Also include drinks, including water. List them in the "Beverage" category.
- Note how you felt within 2 hours of each meal, snack, or beverages, particularly if you felt especially well, or if you noticed any symptoms.

While it may be tedious to do this for a few days, you'll likely be astonished at how informative it is.

# Day 1

	<b>What I Ate/Drank</b>	<b>How I felt within 2 hours of eating (i.e., still hungry, tired, achey, bloated)</b>
<b>Waking Time</b>		
<b>Breakfast (Time)</b>		
<b>Mid-AM Snack (Time)</b>		
<b>Lunch (Time)</b>		
<b>Mid-PM Snack (Time)</b>		
<b>Dinner (Time)</b>		
<b>PM Snack (Time)</b>		
<b>Beverages</b>		
<b>Bed Time</b>		

## Day 2

	<b>What I Ate/Drank</b>	<b>How I felt within 2 hours of eating (i.e., still hungry, tired, achey, bloated)</b>
<b>Waking Time</b>		
<b>Breakfast (Time)</b>		
<b>Mid-AM Snack (Time)</b>		
<b>Lunch (Time)</b>		
<b>Mid-PM Snack (Time)</b>		
<b>Dinner (Time)</b>		
<b>PM Snack (Time)</b>		
<b>Beverages</b>		
<b>Bed Time</b>		

## Day 3

	What I Ate/Drank	How I felt within 2 hours of eating (i.e., still hungry, tired, achey, bloated)
Waking Time		
Breakfast (Time)		
Mid-AM Snack (Time)		
Lunch (Time)		
Mid-PM Snack (Time)		
Dinner (Time)		
PM Snack (Time)		
Beverages		
Bed Time		

# NOTES

## ***Observations:***

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## ***What I think I should change and how I'm going to do that:***

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