

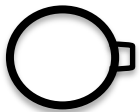
The Food Journal:

What does your ideal plate look like? Jot out your goals here.

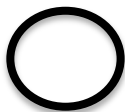
Most diets feel overwhelming. What if we just took a look at our plates? Here's a simple journal template to do just that. Don't be afraid to get creative with your markers!

The Extras: Drinks, Snacks, Medicinal

Feel free to use these extra zones as you wish - Here are some examples:



- Coffee/Tea

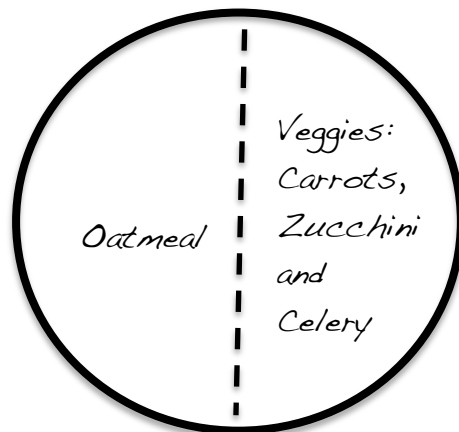
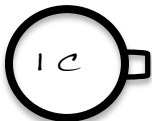


- Water/Juice



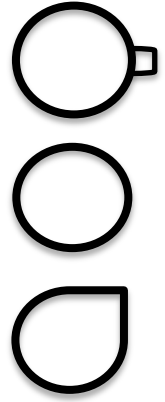
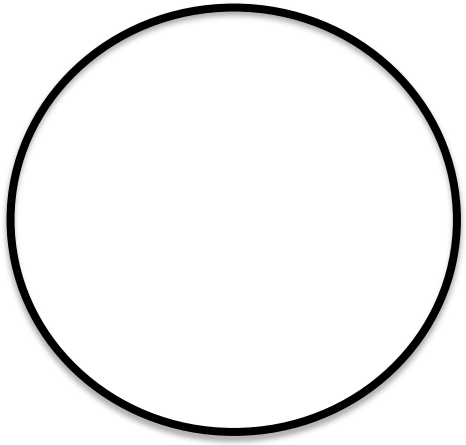
- Supplements

My breakfast: Oatmeal cooked with Ghee, Sautéed Carrots, Zucchini and Celery with Garlic and Olive Oil, salt to taste. I drank 1 cup of Green Tea, took some Herbs and drank 2 glasses of water before breakfast. My journal entry would look like this:



The Food Journal, date:

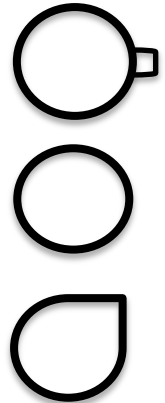
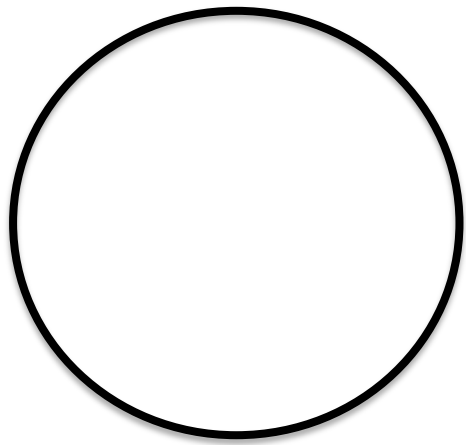
Breakfast



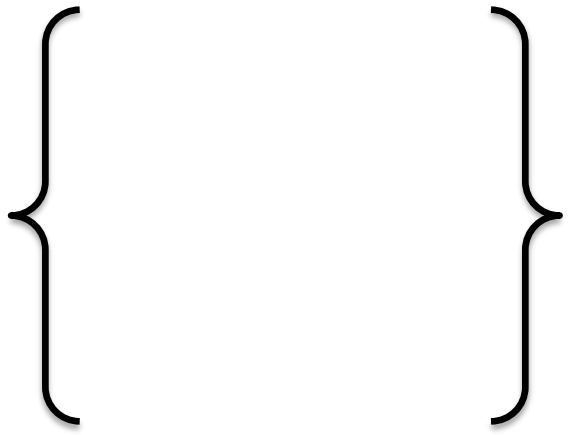
Notes...



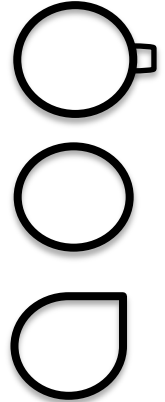
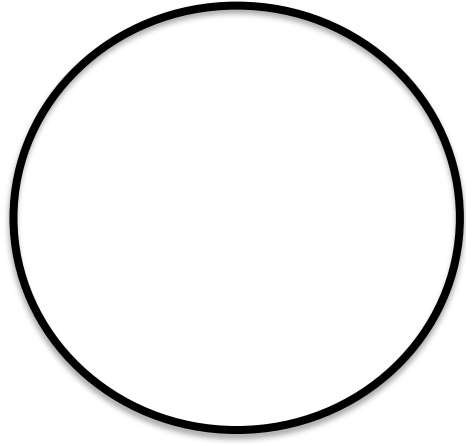
Lunch



Notes...



Dinner



Notes...

