Date:_____ Weight:_____ BloodSugar: _____ (Women) Cycle Day #:_____

BREAKFAST	**Carbs**	**Protein**	**Fats**
Water / Beverage:			
Snack:			

LUNCH			
Water / Beverage:			
Snack:			

DINNER			
Water / Beverage:			
Snack:			

Indicator #1: *With the help of your scale discover the amount of food that allows you to lose 1 to 2 lb each week until you reach your ideal weight*

Indicator #2: *Count exchanges*

Carbohydrates *fruit(simple) & grains(complex)*	1❑ = 15g carb	☒☒☒☒☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐
Protein	1❑ = 7g prot	☒☒☒☒☒☒☐☐☐☐☐☐☐☐☐☐☐☐☐☐
Fats	1❑ = 5g fat	☒☒☒☒☒☒☒☒☐☐☐☐☐☐☐☐☐☐☐☐

Indicator #3: *Notice how you feel before & after eating*

1= sick weak/shaky	2=uncomfortable irritable	3 = hungry 4 = sl. hungry stomach growling	5=no longer hungry could eat more	6=perfectly comfortable satisfied . . . ahhhhh	7= full sleepy	8=uncomfortable	9=stuffed bloated	10=sick
		eat when you are hungry		*stop eating when satisfied*				

Rather than think in terms of diets, calories, and rules, begin to think in terms of how food makes you feel . . .
Natural foods in balanced portions should leave you feeling ***satisfied, energized, and refreshed —*** *not sluggish, sleepy, or uncomfortable.*

Food Journal Pages available @ www.gaultwellness.com → *Services → Nutritional Assessment → Food Journal Page*