



PERSONAL
Food
DIARY



FOOD DIARY

Use this Food Diary daily throughout your entire program. It's very important to make time after each meal, or at least every night, to document how certain foods make you feel emotionally and physically.

During Phase 1, note how you feel when you reduce coffee and processed foods, as well as implement the suggested detox tools.

During Phases 2 and 3, note any physical and emotional balances and imbalances. Refer to the chart below to guide you.

As mentioned in the Detox Guide, if you experience a reaction to a certain food, remove that food for 7 days, then reintroduce it and note whether or not you have the same reaction. If you do, you may want to consider removing that food for 3-6 months. Once your gut health is restored, you may not experience that same food sensitivity.

CLUES TO NOTE IN YOUR FOOD DIARY:

- **PHYSICAL** symptoms are bodily sensations.
- **CLUES FOR IMBALANCE:** headaches, stomach pain, muscle cramps, coughing, fatigue, insomnia, restlessness, shakiness, muscle weakness, poor concentration, pallor.
- **CLUES FOR BALANCE:** bright eyes, hunger, stamina, natural deep breathing, high energy, restful sleep, focus, alertness, strength, good attention span, good color.
- **EMOTIONAL** symptoms may be a little harder to notice.

- **CLUES FOR IMBALANCE:** anxious, bored, scared, mad, sad, depressed, scattered, restless, irritable, agitated, hyper.
- **CLUES FOR BALANCE:** confident, excited, energized, humorous, happy, interested, focused, calm, relaxed, easygoing, patient.

Adapted from Potatoes Not Prozac, by Kathleen DesMaisons, PhD

FOOD DIARY

BEFORE BREAKFAST
BREAKFAST
MORNING SNACK
LUNCH
AFTERNOON NACK
DINNER

BEFORE BED

Notes: