

FOOD JOURNAL



FOOD CRAVINGS



stepintomygreenworld.com

YOUR CRAVING	WHAT YOU NEED	WHAT TO EAT INSTEAD
CHOCOLATE →	MAGNESIUM →	Nuts, seeds, veggies & fruits
SUGARY FOODS →	CHROMIUM →	Broccoli, grapes, cheese, chicken
	CARBON →	Fresh fruits
	PHOSPHORUS →	Chicken, beef, fatty fish, eggs, dairy, nuts, veggies, grains
	SULPHUR →	Cranberries, horseradish, cabbage, cauliflower
	TRYPTOPHAN →	Cheese, raisins, sweet potatoes, spinach
BREAD, PASTA & OTHER CARBS →	NITROGEN →	High protein foods: meat, fatty fish, nuts, beans, chia seeds
OILY FOODS →	CALCIUM →	Organic milk, cheese, green leafy vegetables
SALTY FOODS →	CHLORIDE →	Fatty fish, goat milk
	SILICON →	Cashews, nuts, seeds

Source:
Coaching &
Weight
Management

“What should I eat?”



Post-workout

by blogilates

CARDIO

- replenish fluids
- carbs > protein

Try oatmeal w/ milk & banana, Ezekiel Toast with cottage cheese & jam, or glass of chocolate milk.

WEIGHTS

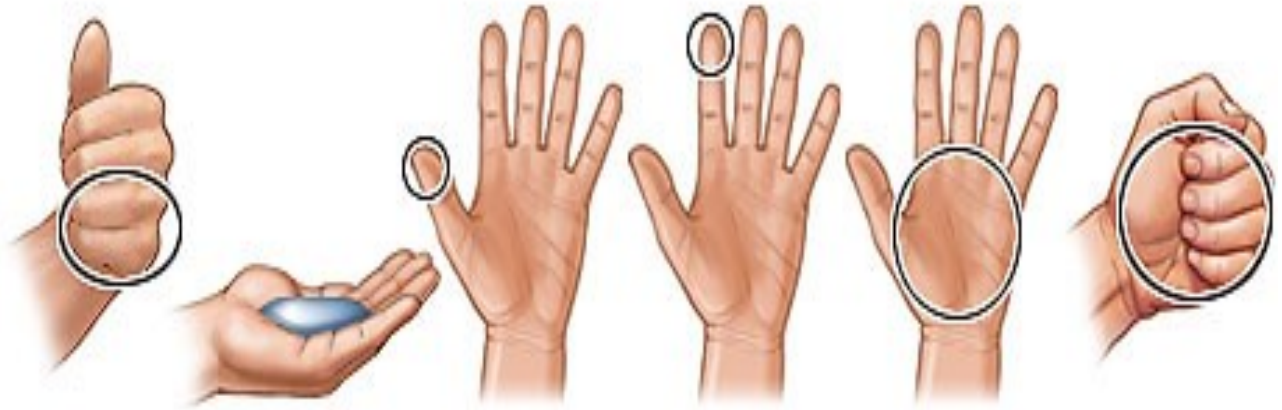
- mainly protein

Try chicken breast w/ broccoli, an egg white veggie omelet w/ salsa or tilapia, or tofu w/ green beans or asparagus.

WEIGHTS + CARDIO

- carbs: protein, 3:1
- ~70g carbs, 20g protein

Try a protein shake w/ fruit or sweet potato w/ greek yogurt



$\frac{1}{2}$ cup

1 oz

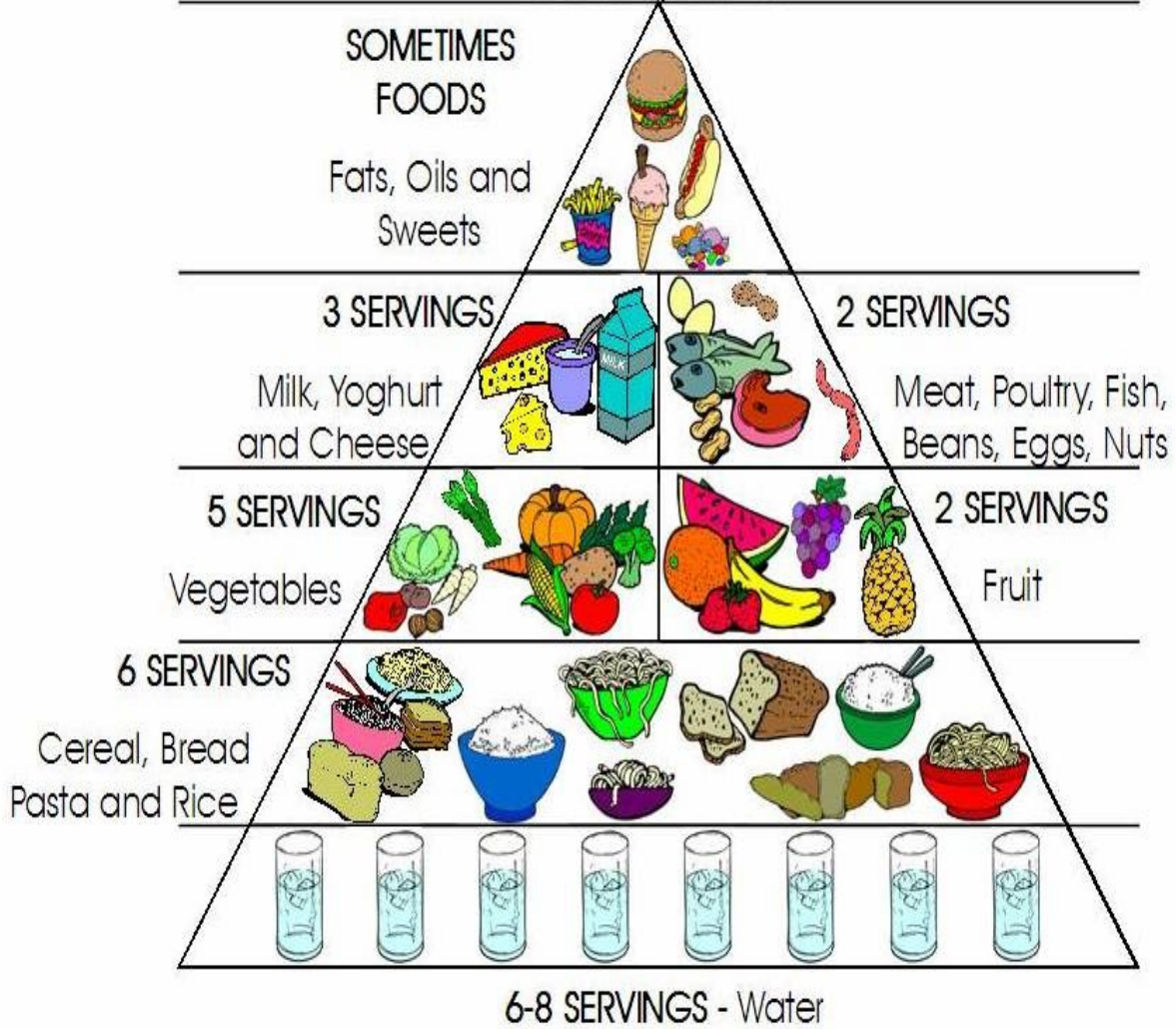
1 Tbsp

1 tsp

3 oz

1 cup

The Healthy Eating Food Pyramid



SUNDAY

JUST DO IT.

Because it may suck not being able to eat your favorite foods as much as you use to, but it sucks even more to be stuck in a body you hate.

	Food ^R	Serving Size	Protein	Carbs	Fat	Fiber	Calories
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Dessert							
TOTALS							

Daily Accomplishments:

MONDAY



Instead of giving myself reasons why I can't,
I give myself reasons why I can. shexists.com

	Food	F	Serving Size	Protein	Carbs	Fat	Fiber	Calories
Breakfast								
Snack								
Lunch								
Snack								
Dinner								
Dessert								
TOTALS								

Daily Accomplishments:

TUESDAY



	Food	Serving Size	Protein	Carbs	Fat	Fiber	Calories
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Dessert							
TOTALS							

Daily Accomplishments:

WEDNESDAY



	Food	Serving Size	Protein	Carbs	Fat	Fiber	Calories
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Breakfast

Snack

Lunch

Snack

Dinner

Dessert

TOTALS							
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Daily Accomplishments:

THURSDAY



	Food ^g	Serving Size	Protein	Carbs	Fat	Fiber	Calories
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Dessert							
TOTALS							

Daily Accomplishments:

FRIDAY



	Food	Serving Size	Protein	Carbs	Fat	Fiber	Calories
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Dessert							
TOTALS							

Daily Accomplishments:

SATURDAY

calories

(noun)

Tiny creatures that live in your closet and sew your clothes a bit tighter every night.



www.hcgdiet.com

	FoodF	Serving Size	Protein	Carbs	Fat	Fiber	Calories
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Dessert							
TOTALS							

Daily Accomplishments:

I'M NOT LOSING
WEIGHT, I'M
GETTING RID OF IT.

I HAVE NO
INTENTIONS OF
FINDING IT AGAIN.

HASHROOM

THE BEST THING YOU'VE EVER TASTED

Here's to all of us living a healthier and happier lifestyle. We are only human, we will take the good days with the bad but will get back on track because we know how hard we have worked in reaching our goals and never want to go back to our old habits. Keeping a food journal is just as important as keeping an exercise journal. The same thing applies with this food journal I have made for you, this is a way for you to track and actually see your progress on paper.

