

Food Log

	Monday Date: _____	Tuesday Date: _____	Wednesday Date: _____	Thursday Date: _____	Friday Date: _____	Saturday Date: _____	Sunday Date: _____
Morning Time: _____							
Snack Time: _____							
Afternoon Time: _____							
Snack Time: _____							
Evening Time: _____							
Bedtime							
ALL Beverages							

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At every meal eat:

1. Clean protein - (chicken, fish (3 time per week), lamb or buffalo (not more than 1x per week))
2. Green vegetable (avoid peas as they are high in sugar)
3. Whole grain (brown rice, beans, quinoa, millet, amaranth, nuts)

EAT a small amount EVERY THREE HOURS to keep your blood sugar stable

DRINK 80 ounces OF WATER DAILY THROUGHOUT THE DAY

Choose:

Olive oil – rice bran oil – sesame oil – coconut oil

Almonds – pecans- walnuts

Tempeh

Edamame

Tamari NOT soy sauce

Greens: spinach – broccoli – kale – green beans – chard – bok choy

Stevia to sweeten green tea

Rice bread

*Organic if you can as it has the nutrients needed from the soil and no toxic chemicals added

Only 2-3 times per week or avoid:

1. Dairy products (milk, butter, yogurt)
2. Fruit
3. peanuts/peanut butter
4. Caffeinated beverages (coffee and pop)
5. ALL refined sugar
6. Bread, pasta, white potatoes
7. pork and beef
8. Alcohol