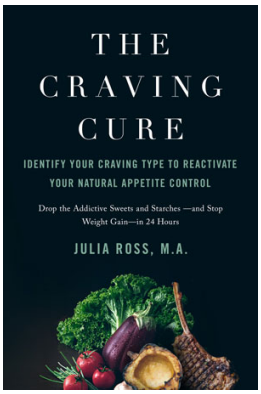

Daily Food Log from *The Craving Cure* by Julia Ross

Your goal here is to give yourself detailed food information. As closely as possible, estimate the quantity of your portions, for example, note ounces, cups, grams, teaspoons, tablespoons, packets, slices, and so on. Give physical as well as emotional symptoms (e.g., bloated, tired, energetic, cheerful, craving a certain food, irritable, jittery). Note any energy shifts through the day and any exercise in the right-hand column.

Date: _____ Time of Wake-up: _____ Quality of Sleep: _____

TIME	FOODS EATEN	HOW DID YOU FEEL AT OR AFTER EATING? BETWEEN MEALS
	Breakfast:	
	Morning Snack:	
	Lunch:	
	Afternoon Snack:	
	Dinner:	
	Evening Snack:	
	Time Asleep:	