



## 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: \_\_Sample Log\_\_

Time of Wake-up: \_\_\_\_\_

Quality of Sleep: \_\_\_\_\_

TIME	FOODS EATEN	HOW DID YOU FEEL AT OR AFTER EATING? BETWEEN MEALS
	Breakfast:	<b>OKAY</b>
	<b>PANCAKES</b>	
	<b>EGGS</b>	
	<b>BACON</b>	
	<b>JUICE</b>	
	<b>COFFEE</b>	
	Lunch:	<b>TIRED</b>
	<b>CHICKEN BURRITO</b>	
	<b>DIET COKE</b>	

Fill it out with specifics.

TIME	FOODS EATEN	HOW DID YOU FEEL AT OR AFTER EATING? BETWEEN MEALS
<b>7-8 AM</b>	Breakfast:	<b>ENERGIZED. BLOATED</b>
	<b>2 PANCAKES (4-INCH)</b>	
	<b>2 EGGS, SCRAMBLED</b>	
	<b>2 SLICES OF BACON</b>	<b>TIRED BY 10AM, UNFOCUSED</b>
	<b>6 OZ. ORANGE JUICE</b>	<b>HEADACHE</b>
	<b>1 C. COFFEE</b>	
	<b>2 TSP. SUGAR</b>	
	<b>1 TB. HALF-AND-HALF</b>	
<b>12 PM</b>	Lunch:	<b>CRAVED A SNICKERS BAR</b>
	<b>1 LG. FLOUR TORTILLA</b>	
	<b>½ C. RICE</b>	
	<b>¼ C. JACK CHEESE</b>	
	<b>2 OZ. CHICKEN</b>	
	<b>½ C. TOMATO SALSA</b>	
	<b>DIET COKE (12 OZ. CAN)</b>	<b>BLOATED, STILL CRAVED SNACKS</b>