

# Daily Food Journal

Use a journal like this to record what you ate, what time you ate, how hungry you were when you ate, and how satisfied you felt after eating. Remember to eat only when hungry. For good ketogenic ratios, make sure that each meal has fat grams equal to or higher than protein grams, with carbohydrate grams lower than protein and fat.

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## First Meal

Time: ..... Hunger level: 1 2 3 4 5 6 7 8 9 10

What I ate: .....

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Carbs: ..... Protein: ..... Fat: ..... Satisfaction after meal: 1 2 3 4 5 6 7 8 9 10

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## Second Meal

Time: ..... Hunger level: 1 2 3 4 5 6 7 8 9 10

What I ate: .....

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Carbs: ..... Protein: ..... Fat: ..... Satisfaction after meal: 1 2 3 4 5 6 7 8 9 10

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## Third Meal

Time: ..... Hunger level: 1 2 3 4 5 6 7 8 9 10

What I ate: .....

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Carbs: ..... Protein: ..... Fat: ..... Satisfaction after meal: 1 2 3 4 5 6 7 8 9 10

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## First Snack

Time: ..... Hunger level: 1 2 3 4 5 6 7 8 9 10

What I ate: .....

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Carbs: ..... Protein: ..... Fat: ..... Satisfaction after meal: 1 2 3 4 5 6 7 8 9 10

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## Second Snack

Time: ..... Hunger level: 1 2 3 4 5 6 7 8 9 10

What I ate: .....

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Carbs: ..... Protein: ..... Fat: ..... Satisfaction after meal: 1 2 3 4 5 6 7 8 9 10