

DAILY FOOD JOURNAL

Use this journal to record what you ate, the time you ate, your hunger before eating, and how satisfied you felt after eating. Remember to eat only when hungry.

First Meal

Time:

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

What I ate:

Carbs:

Protein:

Fat:

Satisfaction after meal: 1 2 3 4 5 6 7 8 9 10

Second Meal

Time:

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

What I ate:

Carbs:

Protein:

Fat:

Satisfaction after meal: 1 2 3 4 5 6 7 8 9 10

Third Meal

Time:

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

What I ate:

Carbs:

Protein:

Fat:

Satisfaction after meal: 1 2 3 4 5 6 7 8 9 10

First Snack (if applicable)

Time:

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

What I ate:

Carbs:

Protein:

Fat:

Satisfaction after meal: 1 2 3 4 5 6 7 8 9 10

Second Snack (if applicable)

Time:

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

What I ate:

Carbs:

Protein:

Fat:

Satisfaction after meal: 1 2 3 4 5 6 7 8 9 10

Cooking Keto with Kristie