

Feed Your Spirit ~ Sacred Self-Care

Breakfast Circus

Jot down what you eat and how you feel both right after eating, two hours later, and before lunch. Note how your energy level, moods, and physical symptoms are affected by the food in your body. The aim is a breakfast that feels great, gives you energy, and keeps you full.

Day	What I Ate	How I Feel Right After Eating	2 Hours Later and Before Lunch