

DAILY - EXAMPLE

Food Diary

Date: 30/01/2022

Breakfast - 7.30am

Coconut Yogurt
Protein Powder
Mixed Berries
Sunflower Seeds

Issues/Concerns/Reactions

Felt a bit tired after breakfast

Lunch - 1.30pm

Edamame Beans
Salad
Slice of Sourdough bread
Avocado

Issues/Concerns/Reactions

Still hungry after lunch
Drank 2 glasses of water

Dinner - 7.30pm

Tofu & Vege Red Curry with coconut milk
Konjac Noodles

Issues/Concerns/Reactions

None

Snacks

Yellow Peach 10.30am
Coffee

Activated Walnuts 4.30pm

Issues/Concerns/Reactions

None

None

Water @ 250mls



Mindwise Wellness

DAILY —

Food Diary

Date: _____

Breakfast

Issues/Concerns/Reactions

Lunch

Issues/Concerns/Reactions

Dinner

Issues/Concerns/Reactions

Snacks

Issues/Concerns/Reactions

Food Journal Worksheet

It can be helpful to keep a journal of what is going on when you want to snack/binge/graze. There is no right or wrong - just information. Complete the following each day.

Day	Time	Feeling	Thoughts	Choices/Decisions
Mon	3:30 pm	Tired Low energy	I need a Chocolate fix for a pick-me-up. I'm not hungry - just tired and sluggish. I need an energy boost.	·Chocolate bar ·Water ·Stretch or walk ·Breathing exercise <ul style="list-style-type: none">• Decided to have water and stretch

WEEKLY —

Mindwise Wellness

Meal Planner

Week of: _____

Monday	Tuesday	Wednesday
BREAKFAST LUNCH DINNER SNACK	BREAKFAST LUNCH DINNER SNACK	BREAKFAST LUNCH DINNER SNACK
Thursday	Friday	Saturday
BREAKFAST LUNCH DINNER SNACK	BREAKFAST LUNCH DINNER SNACK	BREAKFAST LUNCH DINNER SNACK
Sunday	NOTES:	
BREAKFAST LUNCH DINNER SNACK		