

Food Journal

Date:

Breakfast:

Snack:

Lunch:

Snack:

Dinner:

Beverages:

How many carb-heavy meals did I eat? (Carb-heavy= more than a cup of grain per meal):

I ATE THE FOLLOWING POTENTIAL TRIGGER INGREDIENTS:

- | | | |
|---|--|--|
| <input type="checkbox"/> Dairy | <input type="checkbox"/> Gluten | <input type="checkbox"/> Alcohol |
| <input type="checkbox"/> Peanuts | <input type="checkbox"/> Citrus | <input type="checkbox"/> Caffeine |
| <input type="checkbox"/> Tree Nuts | <input type="checkbox"/> Pork | <input type="checkbox"/> Refined Sugar |
| <input type="checkbox"/> Eggs | <input type="checkbox"/> Shellfish | <input type="checkbox"/> Refined Flour |
| <input type="checkbox"/> Corn | <input type="checkbox"/> Processed Meats | |
| <input type="checkbox"/> Soy | <input type="checkbox"/> Vegetable Oil | |
| <input type="checkbox"/> Nightshades (Tomatoes, Potatoes, Eggplant, Peppers): | | |
| <input type="checkbox"/> Other Processed Food: | | |
| <input type="checkbox"/> Preservatives: | | |

SIGNS + SYMPTOMS I EXPERIENCED TODAY:

- Gas
- Bloating
- Acid Reflux
- Nausea
- Trouble Falling Asleep
- Trouble Staying Asleep
- Trouble Waking Up in the Morning
- Fatigue
- Headache/Migraine
- Anxiety
- Depression
- PMS
- Foggy-Brain Feeling
- A Feeling of Heaviness
- Abdominal Cramping
- Loose Stool
- Dry Stool
- A Sense of Incompleteness After Using the Toilet
- No Bowel Movement
- More than 2 Bowel Movements
- My Tongue Has a Thick, Greasy Looking Coat

All of these are common signs that you're eating foods that aren't working for your body.

SO WHAT SHOULD YOU DO WITH THIS INFORMATION?

Keep a food journal for a week and see if you can notice any patterns.

If you consistently have symptoms after you eat specific ingredients, strictly cut those ingredients out for a minimum of 3 weeks (though 8 weeks is better).

This will give your body a chance to recover.

Then choose a few days to reintroduce those ingredients full-force.

For example, let's say you cut out dairy and processed meats for 5 weeks.

Your symptoms have pretty much gone away, and you're ready to go on to the reintroduction phase.

On day 1, have a glass of milk for breakfast, a cheese sandwich for lunch, and chicken and broccoli Alfredo for dinner.

Then record how you feel for the next 48 hours.

If your symptoms don't come back, then you're golden.

Keep eating that food (dairy in this example) because it's actually not a trigger for you.

But if symptoms return, keep avoiding that ingredient until you've tested all the other ingredients you're reintroducing.

So in this example, processed meat would come next.

Have a ham scramble for breakfast, a big chunk of salami for lunch and sausage for dinner and then record how you feel for the next 48 hours.

Keep going through each ingredient you've cut out, one-by-one, until you know exactly which foods you're sensitive to.

And once you go through this process, you'll have a lot more control over how you feel day in and day out.

WANT MORE HELP?

[Click here to sign up for a Customized Nutrition and Holistic Wellness Plan.](#)

When you sign up, I'll help you identify the exact foods and lifestyle factors that will help you thrive given your body-type and personality.



I can't wait to hear from you!

XO *Katerina*