

# Sample Food Journals

I highly recommend you keep a food journal. By writing down what you eat every day in a very simple, quick, and straightforward way, you're collecting information about what works and what doesn't work for your body.

***Below, you'll find three sample food journals.*** As you'll see, your journal doesn't need to be complicated. I don't recommend you weigh or measure your food, record macros, or count calories. Simply write down what you eat each day.

As this becomes routine, you can also write down where you were on the hunger scale when you started and ended eating, as in Sample #2.

If you planned your food the night before, all you'll need to do is write down any substitutions or unplanned eating. Simply cross out anything you didn't eat, and make a note of any changes. What's important is to be honest!

When it comes to beverages, it's a good idea to write those down too. It's not necessary to record the water you drink – although if you struggle to stay well-hydrated it could be interesting to record. You'll see an example of this in Sample #3.

***Note: these three samples are NOT suggestions for how to eat. Your plan may look very different.*** That's totally okay – treat these as examples of how to journal, not examples of how you should eat. Everyone's plan will be different!

# HOW TO LOSE WEIGHT FOR THE LAST TIME

## Sample Food Journals

### **Sample 1: (Vegetarian)**

#### **Monday**

Weight: 180

**Breakfast (7 a.m.)** 2 hard-boiled eggs, tea with milk

**Lunch (12.30 p.m)** Lentil and avocado salad, lime dressing, tea

Black decaf coffee

**Dinner (6:30 p.m.)** Fried rice with mixed veggies and tofu, melon

#### **Tuesday**

Weight: 178

**Breakfast (6.30 a.m.)** Oatmeal with yogurt and raspberries, tea with milk

Starbucks coffee with cream

**Lunch (11.30 a.m)** ~~Roast veggies with cashews~~ Plan B: veggie burger (no bun) carrot sticks with hummus

**Dinner (6:45 p.m.)** Veggie chili with brown rice, 1 glass red wine

#### **Wednesday**

Weight 178

Plan is to fast until lunch today.

**6.45 a.m.** Tea with coconut oil

Coffee with cream

**Lunch (noon)** Leftover veggie chili with brown rice and grated cheese

**Dinner (5.30 p.m)** Broccoli frittata, stir-fry veggies, melon

**Around 8 p.m.** popcorn (unplanned - home alone watching TV and feeling bored)

# HOW TO LOSE WEIGHT FOR THE LAST TIME

## Sample Food Journals

### Sample 2

#### Monday

Weight: 241

**a.m.** Coffee with heavy whipping cream

#### Lunch - 11:00 a.m.

Hunger scale -3 to +4

Butternut squash soup, apple slices with peanut butter

#### Dinner - 6 p.m.

Hunger scale -4 to +5

Grilled chicken breast, asparagus, 1/2 baked potato with butter  
+ 1 beer and 10 fries from friend's plate (unplanned - I really wanted fries to go with my beer, and I was thinking they would be wasted if I didn't eat them)

#### Tuesday

Weight: 239

**a.m.** Coffee with heavy whipping cream

#### Lunch - 12:15 p.m.

Hunger scale -3 to +4

Avocado salmon salad with vinaigrette

#### Dinner - 7:45 p.m.

Hunger scale -4 to +6

Restaurant: steak, mashed potato, coleslaw, exception eat - crème brûlée  
2 glasses red wine (1st planned, 2nd unplanned - friend poured the drink for me and I felt awkward saying no, need to plan what to say for next time.)

#### Wednesday

Weight: 241

**a.m.** Coffee with heavy whipping cream x2

#### Lunch - noon

Hunger scale -2 to +4

Chicken salad with pecans and ranch dressing

#### Dinner - 6:45p.m.

Hunger scale -5 to +4

3 scrambled eggs, 2 sausages, tomatoes, and spinach

# HOW TO LOSE WEIGHT FOR THE LAST TIME

## Sample Food Journals

### Sample 3

#### Friday

Weight: 149

**8 a.m.** Masala oatmeal with blueberries (+3)

Mint tea

**1 p.m.** Cauliflower crust pepperoni pizza, chai tea with heavy whipping cream (+4)

**6p.m.** Dhal with brown rice, snow peas, sour cream + 2 squares dark chocolate (+4)

Daily Water: 5 glasses

#### Saturday

Weight: 147

**7.30 a.m.** Tea with almond milk

**10 a.m.** ~~Cauliflower Upma~~ Out for brunch – fruit salad with yogurt and seeds (plan E)  
+ small slice of quiche (unplanned - brunch went for a long time and I ate mainly because I wanted something to do...next time I could order a drink instead) (+5)

**Lunch:** ~~Kaaley chaney~~ <- not hungry, skipped lunch

**5.30 p.m** Take-out – lamb rogan josh, cucumber raita, no brown rice so I had white (+5/6)

Daily Water: 6 glasses

#### Sunday

Weight: 148

**7.30 a.m.** Masala oatmeal with raspberries, tea with almond milk (+3)

Small handful M&M's (unplanned - got stressed after checking my email, think I ate the M&M's to distract myself)

**1.30 p.m.** Keema Matar, green salad (+4)

**6 p.m.** Leftover lamb rogan josh with quinoa, watercress (+4)

Daily Water: 6 glasses