



DAILY FOOD LOG

NAME: _____

DATE: _____

| Servings | Food | Portions | Examples |
|--|------------------------|--|---|
| | Cruciferous Vegetables | 1 cup cooked or raw | Broccoli, Cauliflower, Cabbage, Brussels Sprouts, Bok Choy, Kale |
| | Leafy Greens | 1 cup raw 1/2 cup cooked | Spinach, Arugula, Romaine, Bok Choy, Spring Greens, Dandelion Greens, Kale, Cabbage, Collard Greens, Turnip Greens, Mustard Greens |
| | Starch Vegetables | 1/2 cup cooked | Sweet Potatoes, Red Potatoes, Corn, Squash, Artichokes, Egg Plant |
| | All Other Vegetables | 1 cup cooked or raw 1/2 cup juice | Carrots, Celery, Tomatoes, Mushrooms, Garlic, Onions, Cucumber, Beets, Ginger, Asparagus, Radish, Avocado, Peppers |
| | Berries | 1 cup fresh/frozen 1/2 cup juiced 2 tbs dried | Blueberries, Strawberries, Raspberries, Blackberries, Cranberries, Cherry |
| | Other Fruits | 1 medium size whole 3/4 cups chopped 1/2 cup juice | Red Apples, Red Grapes, Plums, Watermelon, Kiwi, Cantaloupe, Peaches, Banana, Oranges, Lemons, Limes, Dates, Figs, Olives |
| | Beans/Legumes | 1/2 cup cooked 1/4 cup hummus or bean dips 1 cup fresh peas or sprouted lentils | Beans – kidney, chick peas, lima, black, red, Green Peas, Split Peas, Black Eyed Peas, Lentils, Edamame |
| <small>Add 1 with no Starch Vegetable in the day</small> | 100% Whole Grain | 1/2 cup cooked 1 slice of bread 1 cup dry cereals or oats 1/2 cup cooked pasta | Brown Rice, Wild rice, Oatmeal, Quinoa, Buckwheat, Bulgur Wheat, Popcorn, Whole Wheat Pasta, |
| | Nuts/Seeds | 1/4 cup raw 2 tablespoons of nut or seed butter 1 cup unsweetened nut or seed milk | Almonds, Cashews, Walnuts, Pistachios, Pecans, Macadamia, Hazel Nut, Brazil, Pine Nut, Pumpkin Seeds, Chia Seeds, Sunflower Seeds, Sesame Seeds, Hemp Seeds |

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|-----------------------------|---------------------------------|---|---|
| Treatments No Treatments | Meat, Dairy, Eggs | Meat the size of the palm of your hand Dairy – 1 cup or less Butter 1 tbsp or less 1 egg | Grass Fed Beef, Pasture Raised Chicken, Wild Caught Fish, Grass Fed Butter, Plain Yogurt, Raw Cheese, Pasture Raised Eggs |
| | Fats/Oils | 1 tablespoons | Olive Oil, Coconut Oil, Avocado Oil, Ghee |
| | Spices/Herbs | As desired | Cinnamon, Cayenne, Basil, Garlic Powder, Garlic Salt, Cumin, Nutmeg, Chili Powder, Paprika, Sea Salt, Black Pepper, Red Pepper Flakes, Sage, Turmeric, Parsley, Mint, Thyme, Chives |
| | Sweetener | 2 tablespoons | Local Honey, Maple Syrup, Black Strap Molasses, Coconut Sugar |
| | Mineral Broth or Alkaline Broth | 1 cup | See Recipe |
| | Water | 8 ounces | Filtered or Spring Water |
| | Tea For Health Green Tea | 8 ounces | www.teaforhealth.com |

Bowel Movements:

More than 2, please describe. Loose but formed? Loose but not formed? Water?

Notes/Additional Items/Symptoms/Side Effects

