



DAILY FOOD LOG

NAME: _____

DATE: _____

Servings	Food	Portions	Examples
<input type="checkbox"/> <input type="checkbox"/>	Cruciferous Vegetables	1 cup cooked or raw	Broccoli, Cauliflower, Cabbage, Brussels Sprouts, Bok Choy, Kale
<input type="checkbox"/>	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
<input type="checkbox"/>	Starch Vegetables	1/2 cup cooked	Sweet Potatoes, Red Potatoes, Corn, Squash, Artichokes, Egg Plant
<input type="checkbox"/> <input type="checkbox"/>	All Other Vegetables	1 cup cooked or raw 1/2 cup juice	Carrots, Celery, Tomatoes, Mushrooms, Garlic, Onions, Cucumber, Beets, Ginger, Asparagus, Radish, Avacodo, Peppers
<input type="checkbox"/>	Berries	1 cup fresh/frozen 1/2 cup juiced 2 tbs dried	Blueberries, Strawberries, Raspberries, Blackberries, Cranberries, Cherry
<input type="checkbox"/>	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
<input type="checkbox"/>	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
<input type="checkbox"/> <input type="checkbox"/> <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,
<input type="checkbox"/>	Nuts/Seeds	1/4 cup raw 2 table spoons 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

Servings	Food	Portions	Examples
Treatment <input type="checkbox"/> <input type="checkbox"/> No Treatment <input type="checkbox"/>	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
<input type="checkbox"/>	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
<input type="checkbox"/>	Sweetener	2 tablespoons	Local Honey, Maple Syrup, Black Strap Molasses, Coconut Sugar
<input type="checkbox"/>	Mineral Broth or Alkaline Broth	1 cup	See Recipe
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Water	8 ounces	Filtered or Spring Water
<input type="checkbox"/>	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

