

FOOD & SYMPTOM JOURNAL - EXAMPLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
- slept in!	7:30am 1 cup granola 1 cup milk 1 coffee, black	8am 1 cup vanilla Greek yogurt 1 toast, Dempsters white 1 Tbsp peanut butter	7am 2 eggs 2 toast, whole wheat 1 Tbsp butter	8am 1 bagel, cream cheese 1 cup juice
10am 1 coffee, 2 cream, 2 sugar 1 muffin, Tim Hortons	10am Latte	10am ¼ cup almonds Muffin	-	10am Banana
<i>10:30am</i> <i>crampy, bloated, pain</i>	<i>10:30am</i> <i>BM, loose</i>	<i>10:30am</i> <i>BM, soft</i>	<i>10:30am</i> <i>BM, normal</i>	<i>10:30am</i> <i>BM, hard</i>
12pm Tuna sandwich (whole wheat bread) 2 cups salad (spinach, 1 tomato, 1/2 bell pepper) 1 Tbsp balsamic dressing	12pm 2 Sushi rolls (California, Dynamite) 1 miso soup 1 small oatmeal cookie water	12pm Chipotle burrito bowl (rice, beans, chicken, sour cream, tomatoes, cheese) Sprite	12pm Ham cheddar sandwich on whole wheat bread 2 cups chowder soup	12pm 2 cups Kale salad, Quinoa, Chicken 2 Tbsp Creamy dressing
<i>1pm</i> <i>BM (urgent, loose), cramps, bloated</i>	3pm 1 pear	<i>3pm</i> <i>Tim Bit</i>	<i>2pm</i> <i>Nature valley bar</i>	-
5pm 1 hour bootcamp workout	5pm 30min Walk	5pm 45min Gym workout	5pm 30min jog	-
6pm 1 Tbsp hummus handful corn tortilla chips	5:30pm 2 slices Cheddar cheese 10 ritz crackers	6pm Whey protein shake	6pm Glass of wine	6pm Small bowl chips
8pm 2 cups fried rice (2 eggs, corn, peas) 2 chicken drumsticks 1 cup ice cream water	6pm 1 large sweet potato 6 asparagus 5oz roasted chicken breast water	7pm 2 slices thin crust spinach pizza 2 cups Kale salad, 2 Tbsp creamy dressing Water	7:30pm 2 cups White Rice 5oz Pork chop, fried ½ cup Green beans Water	8pm ½ cup Nachos 2 cups Tortellini, pesto sauce
<i>10pm</i> <i>crampy</i>	-	<i>10pm</i> <i>Bloated, gas</i>	-	<i>10pm</i> <i>Stomach pain, gas</i>