

EXAMPLE - FOOD DIARY

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Name: My NAME

Dates: 3/6/2014

TIME	TYPE OF FOOD/ EXERCISE	AMOUNT/DURATION	COMMENTS
6 am	Yoga routine	20 min	Warrior pose = ouch!
6:30 am	2 pc toast w/ butter and strawberry jam coffee w/ almond milk and cinnamon		
7:30 am	Walk 10blks from bus stop to office	20 min/ 10 blks	Uphill from Campus Pkwy to 50 th
9 am	1 plain donut coffee	1 donut, 1 cup of coffee	Staff meeting
12 pm	Lentil soup, w beef stock and kale	1 pint jar	mmm...
12:30 pm	Walk after lunch/ fresh air	20 min/ 6 blks	
3 pm	Trail mix for snack - peanuts, almonds, raisins, M&Ms	2 handfuls	Started craving sweet.
5pm	Walk 10 blks to bus stop from office	20 min/ 10 blcks	
6:30 pm	Brown rice bowl w/ kale, onions, peas, carrot, garlic, and poached egg for supper	1 small bowl (3 cups?)	
	2 squares of 80% chocolate for dessert	2 tsp chocolate	
	Glass of white wine	1 glass wine	
8 - 10 pm	One more glass of wine, one more chocolate square + TV time	1 glass wine, 1 tsp choc	

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