

Phase 2 Food Log

Be sure to make note of how you are feeling each day physically and emotionally.

DAY ____ Weight _____

Breakfast

- Tea (anytime)
- Coffee (anytime)

Miscellaneous

- 1 TBSP Milk
- 1 Lemon

Lunch

- Protein:
- Chicken Breast Veal Lean Beef Buffalo
 - Fish/Seafood (specify _____)
- Fruit: Apple Grapefruit Strawberries Orange
- Vegetable: _____
- Breadstick: Grissini / Melba Toast

Dinner

- Protein:
- Chicken Breast Veal Lean Beef
 - Fish/Seafood (specify _____)
- Fruit: Apple Grapefruit Strawberries Orange
- Vegetable: _____
- Breadstick: Grissini / Melba Toast

Emotions / Notes _____

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