

Food Diary

Date: 01-01-2013

Goals: Weight - 80kgs Waist - 80 cm

Food:

Time	Food Description	Portion	Mood	Thoughts
6.30am	Natural Muesli w/Milk	1 bowl	Good	Very satisfied
	Apple Juice	1 glass	"	"
9.00am	Water	1 glass	-	-
10.30am	Yoghurt	250ml	Happy	Feeling healthy
	Chocolate Biscuits	2	Very Happy	Didn't need these.
	Cup of tea	1 cup	"	-
11.15am	Water	1 glass	-	-
12.30pm	Turkey/Salad Sandwich	1	Flat	Tasted Great
	Diet Coke	1 can	"	Needed a sugar fix
1.30pm	Water	1 glass	-	-
2.30pm	Mandarin	1	Good	-
6.00pm	Grilled Chicken breast	1 small	Tired	-
	Mixed vegetables	1 cup	"	-
	Bread	1 slice	"	Didn't need this
	Wine	2 glasses	"	Nice drop!
9.00pm	Hot Chocolate	1 cup	Good	This'll help me sleep

Sample Food Diary Layout

Jianjun Gao



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The American Food Journal ,1918 **The NLP Diet** Jeff Archer,2011-06-24 Forget calorie counting portion control Eat Right for Your Blood Group and other fad diets The NLP Diet is the only way to lose weight and keep it off because it is the only diet designed to change your thinking not the contents of your fridge Using the highly practical tools of NLP the world s most effective self coaching and visualisation method you will be able not just to set yourself realistic weight loss goals but also to meet them You will learn all the strategies and re programming techniques you need to change your relationship not just with food but with yourself rediscovering how you feel about yourself your body and the reasons you eat This is the only diet guaranteed to change you from the inside out and keep the weight off for good so what are you waiting for Clean Eating Meal Prep Larry Jamesonn,2023-01-14 If you want to know how to lose weight without starving yourself then continue reading Some people mistakenly believe that to be slim or to look healthy you must reduce what you eat to the point that you only consume one meal a day However the goal here is not to be malnourished We need to supply our bodies with the nutrients that we need and we cannot get that from just a cracker or bread What we put in our mouths not only affects our physical appearance but also how we feel and how we function Not taking our well being seriously right now will take a toll on our bodies in the long run This is why we should be cautious of what we eat and put more effort into preparing our meals to stay active and healthy One solution that would certainly help is to lean on clean eating In this guide you will not only learn about how to start clean eating You will also learn about what clean eating is all about and how you can start your journey to clean eating In this guide you will discover What clean eating is all about What food ruins your body Why fresh foods are way better than processed foods What foods to consider when starting a clean eating journey How to start a clean eating meal prep lifestyle **The Sobriety Toolkit** Benjamin Giona Woods , Willie Morris Steele, The Sobriety Toolkit offers a comprehensive collection of 500 group therapy activities designed for adult substance abuse recovery This invaluable resource provides addiction professionals with a diverse array of engaging evidence based exercises covering ten essential areas of recovery From self awareness to life skills development each activity includes clear objectives and instructions empowering facilitators to foster meaningful growth **KETO DIET COOKBOOK FOR VEGANS** Deborah Hoglund,2025-01-14 Unlock the Power of Vegan Keto Lose Weight Boost Energy and Transform Your Life Are you ready to take control of your health speed up your metabolism and lose weight while still enjoying delicious meals Does this sound like you You re searching for a healthy and sustainable way to shed excess fat You want to understand how to program your body to burn fat instead of muscle You re looking for an informative easy to follow guide with sound advice and proven results You crave delicious vegan friendly keto recipes to get started immediately If you answered YES then this book is exactly what you ve been waiting for Why This Book Stands Out Deborah Hoglund a leading author in the nutrition and diet space delivers an innovative and inclusive guide to the ketogenic lifestyle specifically designed for vegans Unlike many ketogenic guides that

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Laura Radcliffe, Leighann Spencer, 2025-04-29 Qualitative diary methods QDMs are a versatile range of multi modal data collection methods that involve participants recording events and experiences and emotions and reflections as they happen on multiple occasions and over a particular time period These data collection methods include a pen and paper diary as well as other electronic modes of diary keeping including text but also audio photo video and app based diaries that allow for a range of modalities This book covers the diversity of QDM options available to researchers providing a clear rationale as to when and why different qualitative diary methods could be used The authors consider research design and ethical considerations for each of the distinct QDM approaches and provide end of chapter checklists and activities to help readers apply the methods to their own research [American Heart Association Complete Guide to Women's Heart Health](#) American Heart Association, 2011-12-27 Heart disease poses the greatest health threat that women in the United States face One in every three women will die from it each year But that doesn t have to be the case Heart disease is not an inevitable part of growing older In fact if you reach the age of 50 without developing the major risk factors for heart disease you can live your entire life without it and your chances of dying from it decrease from 50 percent to a strikingly low 8 percent The key to preventing heart disease is embracing a heart healthy lifestyle and the sooner the better In this groundbreaking book the

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