

Food Journal

Food journaling has a number of benefits. It helps promote mindfulness, provides a basis for targeted nutrition advice, and can be used as a foundation for developing your own meal plan. You can start with one word entries—no weighing or measuring required.

This food journal template is intended to be flexible. Cut and paste meals, snacks, and symptoms as needed. If this template doesn't work for you, make your own. You can also track drinks, medications, supplements, exercise, stress, mood if it would be useful to you or your healthcare provider.

More food journaling templates: <https://templatelab.com/food-diary-templates/>

Monday

Breakfast (time):

Snack (time):

Lunch (time):

Snack (time):

Dinner (time):

Symptom: (time)

Symptom: (time)

Symptom: (time)

Tuesday

Breakfast (time):

Snack (time):

Lunch (time):

Snack (time):

Dinner (time):

Symptom: (time)

Symptom: (time)

Symptom: (time)

Wednesday

Breakfast (time):

Snack (time):

Lunch (time):

Snack (time):
Dinner (time):

Symptom: (time)
Symptom: (time)
Symptom: (time)

Thursday

Breakfast (time):
Snack (time):
Lunch (time):
Snack (time):
Dinner (time):

Symptom: (time)
Symptom: (time)
Symptom: (time)

Friday

Breakfast (time):
Snack (time):
Lunch (time):
Snack (time):
Dinner (time):

Symptom: (time)
Symptom: (time)
Symptom: (time)

Saturday

Breakfast (time):
Snack (time):
Lunch (time):
Snack (time):
Dinner (time):

Symptom: (time)

Symptom: (time)
Symptom: (time)

Sunday

Breakfast (time):
Snack (time):
Lunch (time):
Snack (time):
Dinner (time):

Symptom: (time)
Symptom: (time)
Symptom: (time)