Food Experience Journal

Food Experience Journal

Day 1 Good luck on your journey toward better health! What did you eat today? Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs Why did I choose it? Do I feel better or worse after eating it? Are you experiencing (circle all that apply): Low energy level High energy level Headaches Digestive issues Congestion Other:____ Day 2 What did you eat today? Food Group Being Re-introduced (circle) Dairy Grains Shellfish Why did I choose it? Do I feel better or worse after eating it? Are you experiencing (circle all that apply): Low energy level High energy level Headaches Digestive issues Congestion

During the post-purification program, write down your experiences with different foods. This will help guide you and your health care professional to determine the best long-term diet for you.

Day 3			
What did you eat today?			
Breakfast			
Lunch			
Dinner_			
Other			
Food Group Being Re-introduced (a) Why did I choose it?	rircle) Dairy	Grains S	hellfish Eggs
Do I feel better or worse after eating i	it?		
Are you experiencing (circle all that apply): Low energy level High energy level	Headaches	Digestive is:	sues Congestion
Other:			
Day 4			
What did you eat today?			
Breakfast			
Lunch			
Dinner			
Other_			
Food Group Being Re-introduced (a) Why did I choose it?	ircle) Dairy	Grains S	hellfish Eggs
Do I feel better or worse after eating i	it?		
Are you experiencing (circle all that apply): Low energy level High energy level	Headaches	Digestive is:	sues Congestion
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Food Experience Journal

Day 5	Day 7
What did you eat today?	What did you eat today?
Breakfast	Breakfast
Lunch	Lunch
Dinner	Dinner
Other	Other
Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs Why did I choose it?	Food Group Being Re-introduced (circle) Dairy Grains Shellfi Why did I choose it?
Do I feel better or worse after eating it?	Do I feel better or worse after eating it?
Are you experiencing (circle all that apply): Low energy level High energy level Headaches Digestive issues Congestion	Are you experiencing (circle all that apply): Low energy level High energy level Headaches Digestive issues
Other:	Other:
Day 6	Day 8
What did you eat today?	What did you eat today?
Breakfast	Breakfast
Lunch	Lunch
Dinner	Dinner
Other	Other
Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs Why did I choose it?	Food Group Being Re-introduced (circle) Dairy Grains Shellfi Why did I choose it?
Do I feel better or worse after eating it?	Do I feel better or worse after eating it?
Are you experiencing (circle all that apply): Low energy level High energy level Headaches Digestive issues Congestion	Are you experiencing (circle all that apply): Low energy level High energy level Headaches Digestive issues
Other:	Other:

Shellfish

Shellfish

Eggs

Congestion

Eggs

Congestion

Day 9	Day 11
What did you eat today?	What did yo
Breakfast	Breakfast
Lunch	Lunch
Dinner	Dinner
Other	Other
Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs Why did I choose it?	Food Grou Why did I cl
Do I feel better or worse after eating it?	Do I feel bet
Are you experiencing (circle all that apply): Low energy level Headaches Digestive issues Congestion	Are you exp Low energy level
Other:	Other:
Day 10	Day 12
What did you eat today?	What did yo
Breakfast	Breakfast
Lunch	Lunch
Dinner	Dinner
Other	Other
Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs Why did I choose it?	Food Grou Why did I c
Do I feel better or worse after eating it?	Do I feel bet
Are you experiencing (circle all that apply): Low energy level High energy level Headaches Digestive issues Congestion	Are you exp Low energy level
Other:	Other:

11 did you eat today? Group Being Re-introduced (circle) Shellfish Eggs did I choose it? feel better or worse after eating it? ou experiencing (circle all that apply): High energy level rgy level Headaches Digestive issues Congestion 12 did you eat today? Group Being Re-introduced (circle) Dairy Shellfish Eggs did I choose it? feel better or worse after eating it? ou experiencing (circle all that apply):

Headaches

Digestive issues

Congestion

High energy level

Food Experience Journal

Day 13	Day 15
What did you eat today?	What did you eat today?
Breakfast	Breakfast
Lunch	Lunch
Dinner	Dinner
Other	Other
Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs Why did I choose it?	Food Group Being Re-introduced (circle) Dairy Grains Shellfi Why did I choose it?
Do I feel better or worse after eating it?	Do I feel better or worse after eating it?
Are you experiencing (circle all that apply): Low energy level High energy level Headaches Digestive issues Congestion	Are you experiencing (circle all that apply): Low energy level High energy level Headaches Digestive issues
Other:	Other:
Day 14	Day 16
What did you eat today?	What did you eat today?
Breakfast	Breakfast
Lunch	Lunch_
Dinner	Dinner
Other	Other
Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs Why did I choose it?	Food Group Being Re-introduced (circle) Dairy Grains Shellfi Why did I choose it?
Do I feel better or worse after eating it?	Do I feel better or worse after eating it?
Are you experiencing (circle all that apply): Low energy level High energy level Headaches Digestive issues Congestion	Are you experiencing (circle all that apply): Low energy level High energy level Headaches Digestive issues
Other:	Other

Food Experience Journal

Eggs

Congestion

Eggs

Congestion

Shellfish

Shellfish

Day 17	Day 19
What did you eat today?	What did you eat today?
Breakfast	Breakfast
Lunch	Lunch
Dinner	Dinner
Other	Other
Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs Why did I choose it?	Food Group Being Re-introduced (circle) Dairy Grains Shellfi Why did I choose it?
Do I feel better or worse after eating it?	Do I feel better or worse after eating it?
Are you experiencing (circle all that apply): Low energy level High energy level Headaches Digestive issues Congestion	Are you experiencing (circle all that apply): Low energy level High energy level Headaches Digestive issues
Other:	Other:
Day 18	Day 20
What did you eat today?	What did you eat today?
Breakfast	Breakfast
Lunch	Lunch
Dinner	Dinner
Other	Other
Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs Why did I choose it?	Food Group Being Re-introduced (circle) Dairy Grains Shellfi Why did I choose it?
Do I feel better or worse after eating it?	Do I feel better or worse after eating it?
Are you experiencing (circle all that apply): Low energy level High energy level Headaches Digestive issues Congestion	Are you experiencing (circle all that apply): Low energy level High energy level Headaches Digestive issues
Other	Other

Shellfish

Shellfish

Eggs

Congestion

Eggs

Congestion

Day 21	Day 23
What did you eat today?	What did you eat today?
Breakfast	Breakfast
Lunch	Lunch
Dinner	Dinner
Other	Other
Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs Why did I choose it?	Food Group Being Re-introdu Why did I choose it?
Do I feel better or worse after eating it?	Do I feel better or worse after ed
Are you experiencing (circle all that apply): Low energy level High energy level Headaches Digestive issues Congestion	Are you experiencing (circle all that Low energy level High energy level
Other:	Other:
Day 22	Day 24
What did you eat today?	What did you eat today?
Breakfast	Breakfast
Lunch	Lunch
Dinner	Dinner
Other	Other
Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs Why did I choose it?	Food Group Being Re-introdu Why did I choose it?
Do I feel better or worse after eating it?	Do I feel better or worse after ed
Are you experiencing (circle all that apply): Low energy level High energy level Headaches Digestive issues Congestion	Are you experiencing (circle all that Low energy level High energy level
Other:	Other:

introduced (circle) Dairy Shellfish Eggs after eating it? cle all that apply): ergy level Headaches Digestive issues Congestion introduced (circle) Dairy Shellfish Grains Eggs after eating it? cle all that apply):

Headaches

Digestive issues

Congestion

Food Experience Journal

Day 25	Day 27
What did you eat today?	What did you eat today?
Breakfast	Breakfast
Lunch	Lunch
Dinner	Dinner
Other	Other
Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs Why did I choose it?	Food Group Being Re-introduced (circle) Dairy Grains Shellf Why did I choose it?
Do I feel better or worse after eating it?	Do I feel better or worse after eating it?
Are you experiencing (circle all that apply): Low energy level High energy level Headaches Digestive issues Congestion	Are you experiencing (circle all that apply): Low energy level High energy level Headaches Digestive issues
Other:	Other:
Day 26	Day 28
What did you eat today?	What did you eat today?
Breakfast	Breakfast
Lunch	Lunch
Dinner	Dinner
Other	Other
Food Group Being Re-introduced (circle) Dairy Grains Shellfish Eggs Why did I choose it? Do I feel better or worse after eating it?	Food Group Being Re-introduced (circle) Dairy Grains Shellf Why did I choose it? Do I feel better or worse after eating it?
Are you experiencing (circle all that apply): Low energy level High energy level Headaches Digestive issues Congestion	Are you experiencing (circle all that apply): Low energy level High energy level Headaches Digestive issues
Other:	Other:

Shellfish

Eggs

Congestion

Eggs

Congestion

Day 29

What did you eat today?		
Breakfast		
Lunch		
Dinner		
Other		
Food Group Being Re-introduced (circle) Dairy Why did I choose it?	Grains Shellfish	Eggs
Do I feel better or worse after eating it?		
Are you experiencing (circle all that apply): Low energy level High energy level Headaches	Digestive issues	Congestion
Other:		
Day 30		
What did you eat today?		
Breakfast		
DICARIASI		
Lunch		
Dinner		
Other		
Food Group Being Re-introduced (circle) Dairy Why did I choose it?	Grains Shellfish	Eggs
Do I feel better or worse after eating it?		
Are you experiencing (circle all that apply): Low energy level High energy level Headaches	Digestive issues	Congestion
Other:		