

Three Day Food Diary: A three-day food diary is helpful for noting eating patterns and signs and symptoms (S/S) after eating certain foods. For example: burning, fatigue, muscle aches, headaches, itching, or bloating are some symptoms people have with food sensitivities. Also record all serving sizes, soft drinks, added toppings.

Day 1	Breakfast	Lunch	Snack	Dinner
Food:				
Drinks: # Ounces				
30 min to 2 Hours later				
Notes:				
Day 2	Breakfast	Lunch	Snack	Dinner
Food:				
Drinks:				
30 min- 2 Hours later				
Day 3	Breakfast	Lunch	Snack	Dinner
Food:				
Drinks: # Ounces				
30 min to 2 hours later				

Need help? Contact me for education, support, & ideas. We'll work on food addiction, healthy substitutions, goals, meal preparation, learning facts about whole food vs highly processed food, and I'll support you with prayer and encouragement. My email is mystypfefferwellness@gmail.com