My Food Log for Lighter Living

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America's Green Nutritionist™

Day	Food Eaten	Amount Eaten	Time	Degree of Hunger (1-5)*	Mood	Exercise	Beverages & Water
Monday	*warm barley porridge* *soy milk* *walnuts* *sliced cherries*	*1 cup* *1/2 cup* *1 tbsp* *1/2 cup*	*7:30 am*	*4*	*hungry, stressed*	*30 minutes fast walking*	*12 oz hot green tea*

Week of: _____

*1=not hungry -- 5=very hungry

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