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21 Day Food Diary

After each meal fill in the diary sheet and record your body's response by consulting the 'Short Term Responses' and writing the response number in the 'Resp.' section of the food diary.

Short Term Responses

1 = Full, satisfied

4 = Unsatisfied, something missing

7 = Crave sweets

10 = Lethargic, heavy gut

2 = Good mental focus, clarity of thoughts

5 = Hungry soon after eating

8 = Crave fat, protein

3 = No cravings

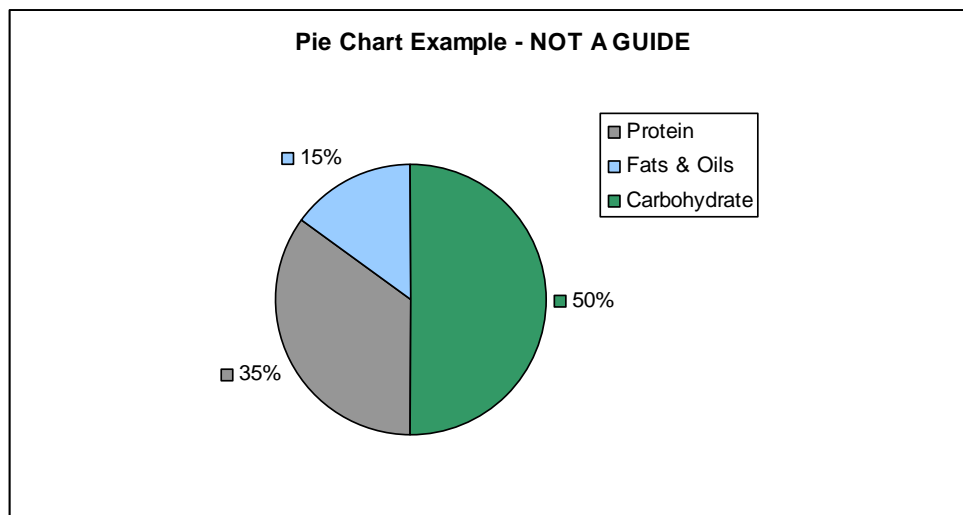
6 = Tired, mentally slow

9 = Anxious, nervous

Each meal should contain lean protein, fibrous carbohydrate, and a portion of starchy carbohydrate that you find to be the ideal amount (i.e. not wanting to fall asleep one hour after eating).

Use the pie charts to record the approximate ratios of what you ate in terms of proteins, fats & carbohydrates.

Here's an example of how to draw your chart for each meal. Recognising what percentage of your meal consists of each food group along with your body's reaction to the food will give you an easy reference as to what foods and food groups work and don't work for you.





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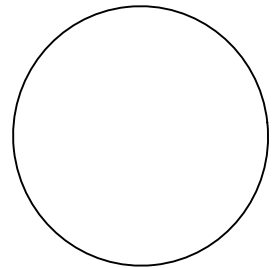
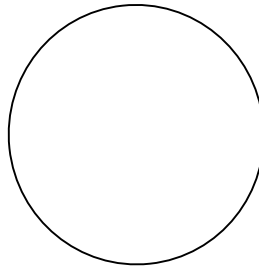
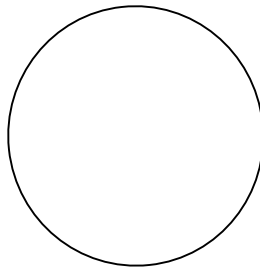
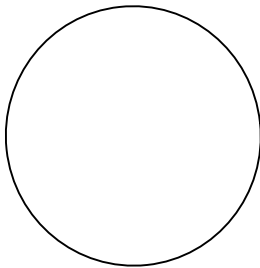
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|-------------------|-------|------------|-------|------------|-------|------------|-------|
| Breakfast | | Lunch | | Dinner | | Snacks | |
| Food Eaten | Resp. | Food Eaten | Resp. | Food Eaten | Resp. | Food Eaten | Resp. |
| | | | | | | | |

Day 1 – Breakfast

Day 1 – Lunch

Day 1 – Dinner

Day 1 - Snacks



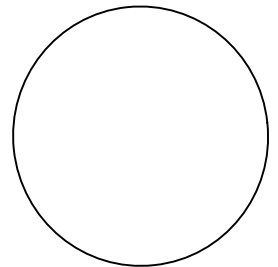
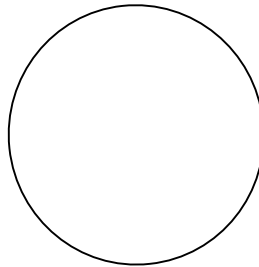
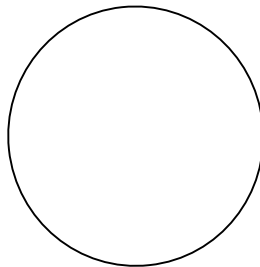
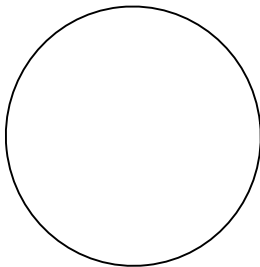
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|-------------------|-------|------------|-------|------------|-------|------------|-------|
| Breakfast | | Lunch | | Dinner | | Snacks | |
| Food Eaten | Resp. | Food Eaten | Resp. | Food Eaten | Resp. | Food Eaten | Resp. |
| | | | | | | | |

Day 2 – Breakfast

Day 2 – Lunch

Day 2 – Dinner

Day 2 - Snacks





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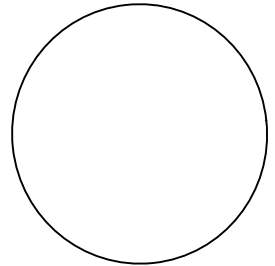
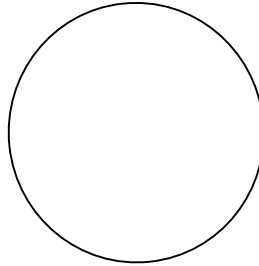
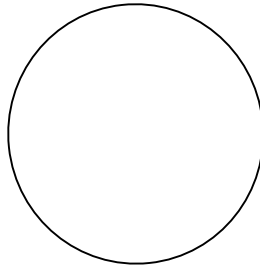
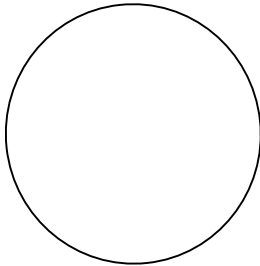
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| Food Eaten | Resp. | Food Eaten | Resp. | Food Eaten | Resp. | Food Eaten | Resp. |
| | | | | | | | |

Day 3 – Breakfast

Day 3 – Lunch

Day 3 – Dinner

Day 3 - Snacks



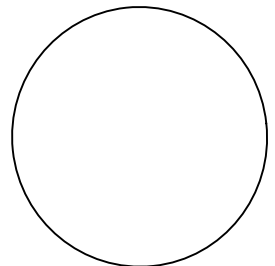
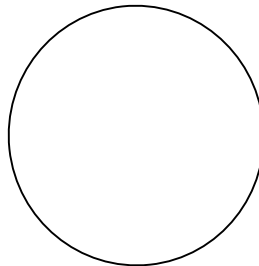
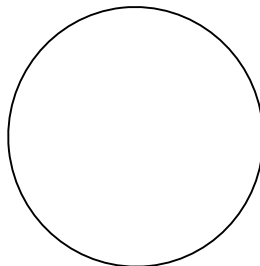
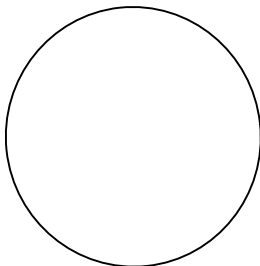
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| Breakfast | | Lunch | | Dinner | | Snacks | |
| Food Eaten | Resp. | Food Eaten | Resp. | Food Eaten | Resp. | Food Eaten | Resp. |
| | | | | | | | |

Day 4 – Breakfast

Day 4 – Lunch

Day 4 – Dinner

Day 4 - Snacks





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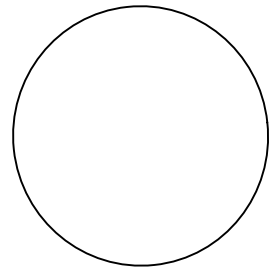
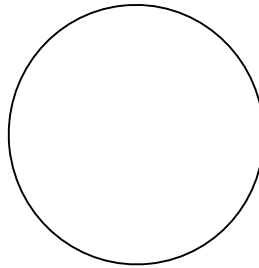
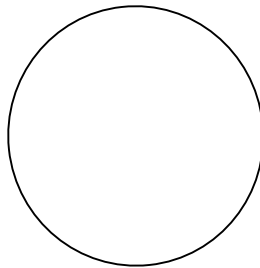
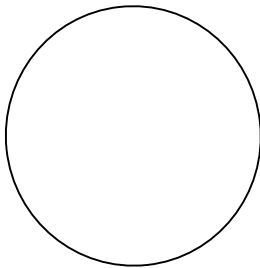
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| Breakfast | | Lunch | | Dinner | | Snacks | |
| Food Eaten | Resp. | Food Eaten | Resp. | Food Eaten | Resp. | Food Eaten | Resp. |
| | | | | | | | |

Day 5 – Breakfast

Day 5 – Lunch

Day 5 – Dinner

Day 5 - Snacks



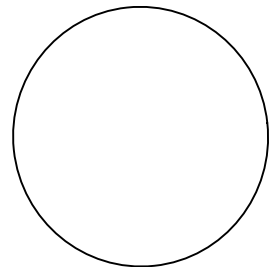
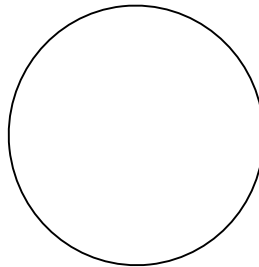
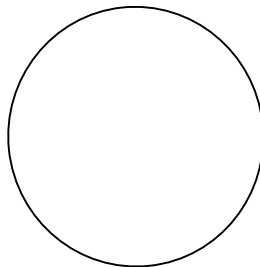
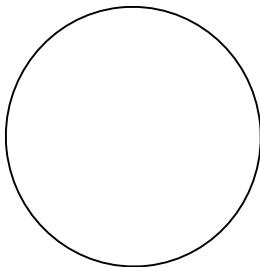
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|-------------------|-------|------------|-------|------------|-------|------------|-------|
| Breakfast | | Lunch | | Dinner | | Snacks | |
| Food Eaten | Resp. | Food Eaten | Resp. | Food Eaten | Resp. | Food Eaten | Resp. |
| | | | | | | | |

Day 6 – Breakfast

Day 6 – Lunch

Day 6 – Dinner

Day 6 - Snacks





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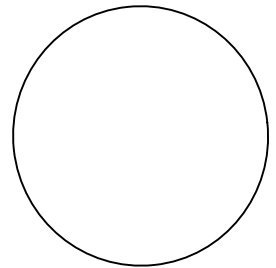
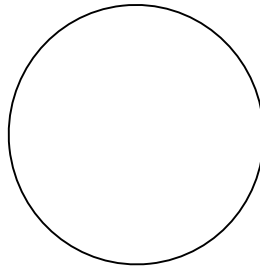
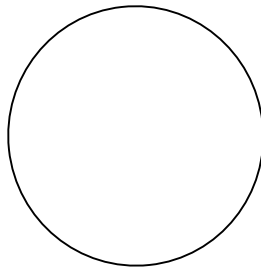
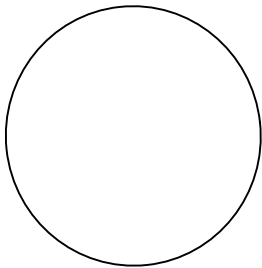
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|-------------------|-------|------------|-------|------------|-------|------------|-------|
| Breakfast | | Lunch | | Dinner | | Snacks | |
| Food Eaten | Resp. | Food Eaten | Resp. | Food Eaten | Resp. | Food Eaten | Resp. |
| | | | | | | | |

Day 7 – Breakfast

Day 7 – Lunch

Day 7 – Dinner

Day 7 - Snacks



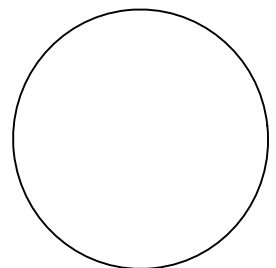
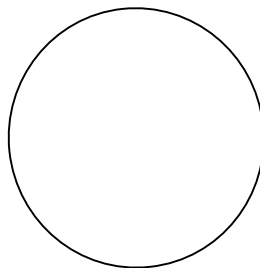
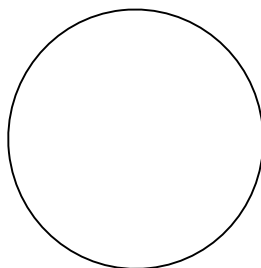
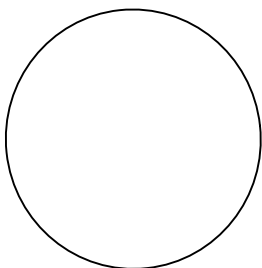
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|-------------------|-------|------------|-------|------------|-------|------------|-------|
| Breakfast | | Lunch | | Dinner | | Snacks | |
| Food Eaten | Resp. | Food Eaten | Resp. | Food Eaten | Resp. | Food Eaten | Resp. |
| | | | | | | | |

Day 8 – Breakfast

Day 8 – Lunch

Day 8 – Dinner

Day 8 - Snacks





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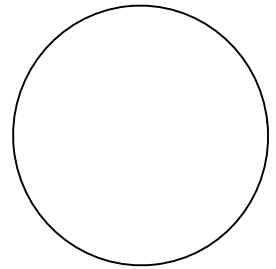
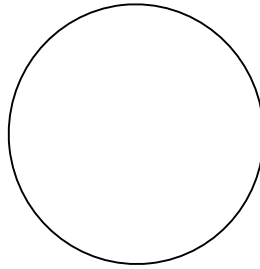
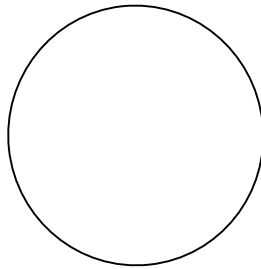
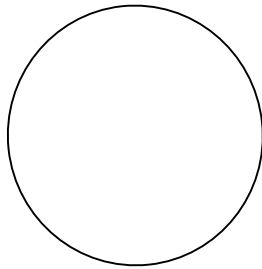
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|-------------------|-------|------------|-------|------------|-------|------------|-------|
| Breakfast | | Lunch | | Dinner | | Snacks | |
| Food Eaten | Resp. | Food Eaten | Resp. | Food Eaten | Resp. | Food Eaten | Resp. |
| | | | | | | | |

Day 9 – Breakfast

Day 9 – Lunch

Day 9 – Dinner

Day 9 - Snacks



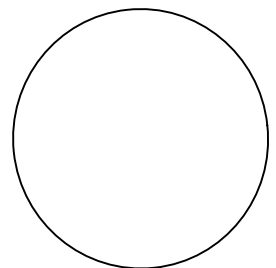
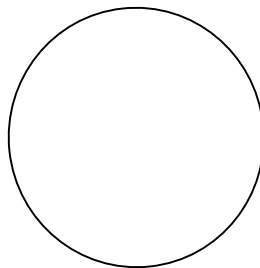
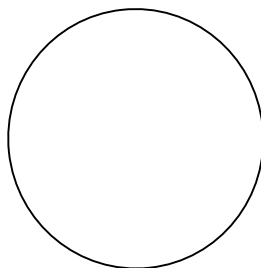
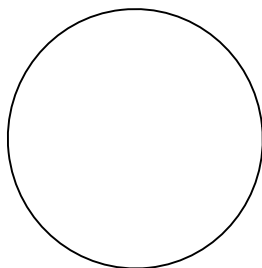
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|--------------------|-------|------------|-------|------------|-------|------------|-------|
| Breakfast | | Lunch | | Dinner | | Snacks | |
| Food Eaten | Resp. | Food Eaten | Resp. | Food Eaten | Resp. | Food Eaten | Resp. |
| | | | | | | | |

Day 10 – Breakfast

Day 10 – Lunch

Day 10 – Dinner

Day 10 - Snacks





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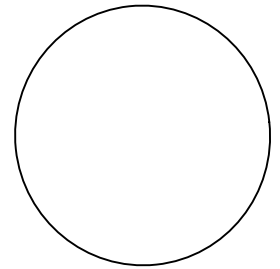
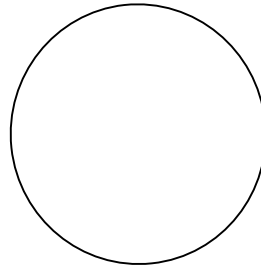
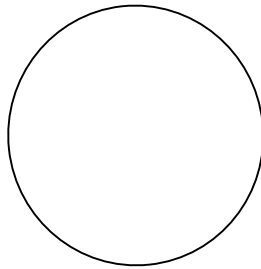
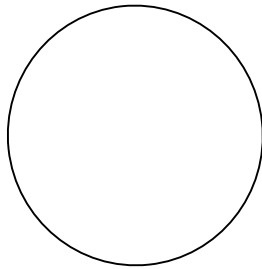
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|--------------------|-------|------------|-------|------------|-------|------------|-------|
| Breakfast | | Lunch | | Dinner | | Snacks | |
| Food Eaten | Resp. | Food Eaten | Resp. | Food Eaten | Resp. | Food Eaten | Resp. |
| | | | | | | | |

Day 11 – Breakfast

Day 11 – Lunch

Day 11 – Dinner

Day 11 - Snacks



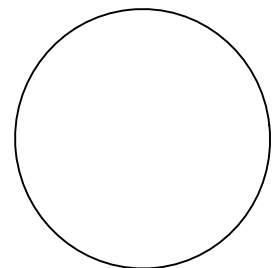
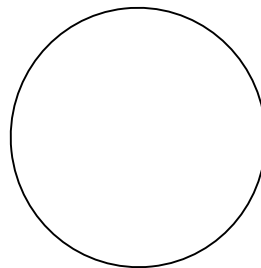
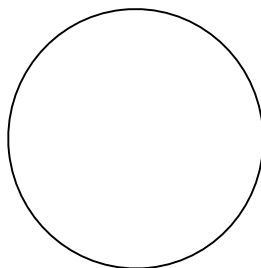
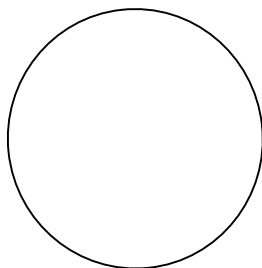
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|--------------------|-------|------------|-------|------------|-------|------------|-------|
| Breakfast | | Lunch | | Dinner | | Snacks | |
| Food Eaten | Resp. | Food Eaten | Resp. | Food Eaten | Resp. | Food Eaten | Resp. |
| | | | | | | | |

Day 12 – Breakfast

Day 12 – Lunch

Day 12 – Dinner

Day 12 - Snacks





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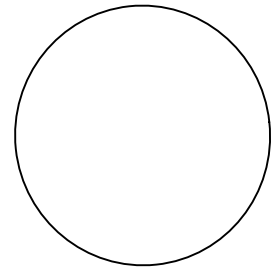
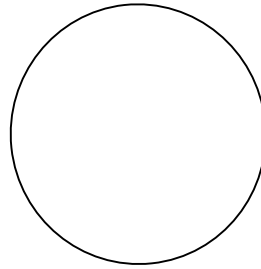
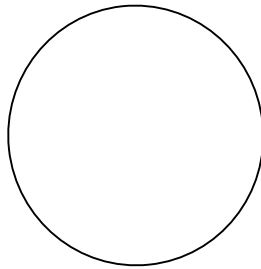
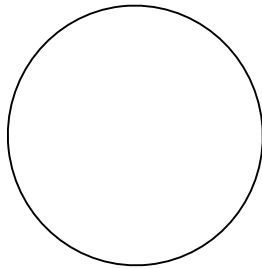
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|--------------------|-------|------------|-------|------------|-------|------------|-------|
| Breakfast | | Lunch | | Dinner | | Snacks | |
| Food Eaten | Resp. | Food Eaten | Resp. | Food Eaten | Resp. | Food Eaten | Resp. |
| | | | | | | | |

Day 13 – Breakfast

Day 13 – Lunch

Day 13 – Dinner

Day 13 - Snacks



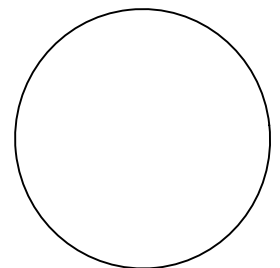
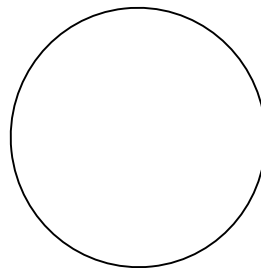
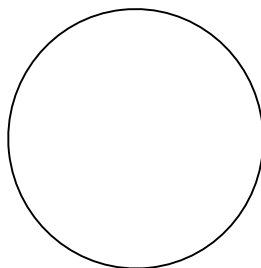
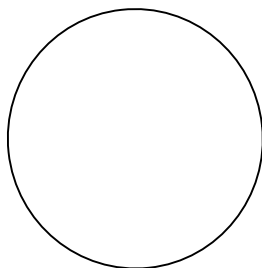
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|--------------------|-------|------------|-------|------------|-------|------------|-------|
| Breakfast | | Lunch | | Dinner | | Snacks | |
| Food Eaten | Resp. | Food Eaten | Resp. | Food Eaten | Resp. | Food Eaten | Resp. |
| | | | | | | | |

Day 14 – Breakfast

Day 14 – Lunch

Day 14 – Dinner

Day 14 - Snacks





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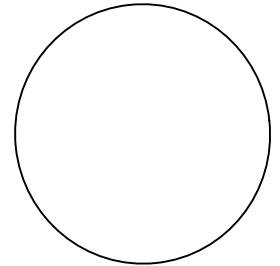
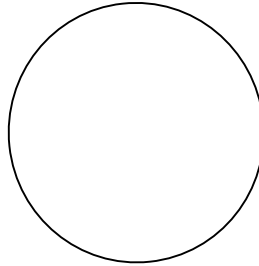
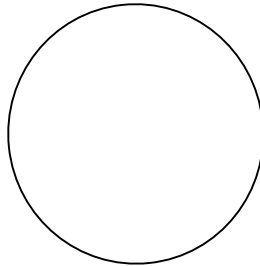
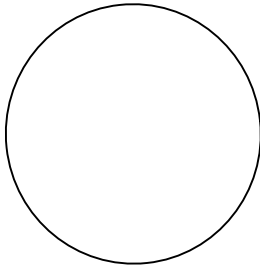
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|--------------------|-------|------------|-------|------------|-------|------------|-------|
| Breakfast | | Lunch | | Dinner | | Snacks | |
| Food Eaten | Resp. | Food Eaten | Resp. | Food Eaten | Resp. | Food Eaten | Resp. |
| | | | | | | | |

Day 15 – Breakfast

Day 15 – Lunch

Day 15 – Dinner

Day 15 - Snacks



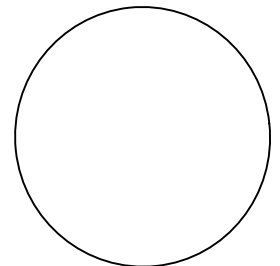
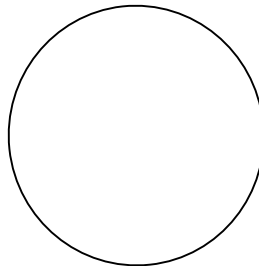
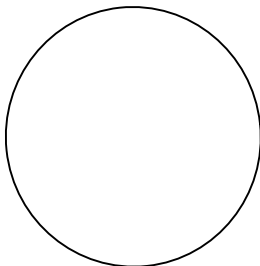
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|--------------------|-------|------------|-------|------------|-------|------------|-------|
| Breakfast | | Lunch | | Dinner | | Snacks | |
| Food Eaten | Resp. | Food Eaten | Resp. | Food Eaten | Resp. | Food Eaten | Resp. |
| | | | | | | | |

Day 16 – Breakfast

Day 16 – Lunch

Day 16 – Dinner

Day 16 - Snacks





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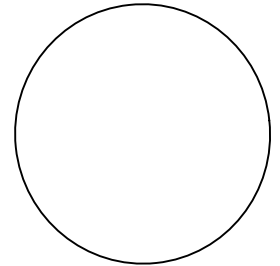
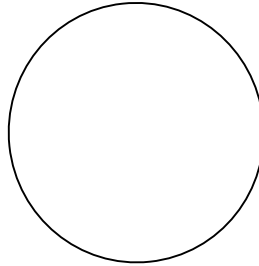
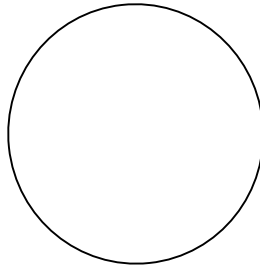
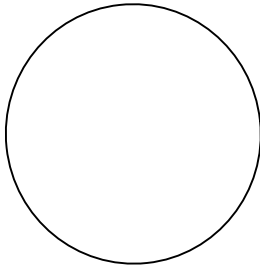
| Food Diary: Day 17 | | | | | | | |
|--------------------|-------|------------|-------|------------|-------|------------|-------|
| Breakfast | | Lunch | | Dinner | | Snacks | |
| Food Eaten | Resp. | Food Eaten | Resp. | Food Eaten | Resp. | Food Eaten | Resp. |
| | | | | | | | |

Day 17 – Breakfast

Day 17 – Lunch

Day 17 – Dinner

Day 17 - Snacks



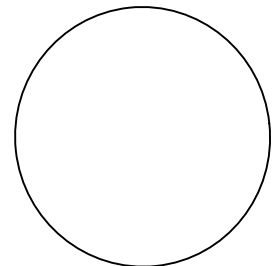
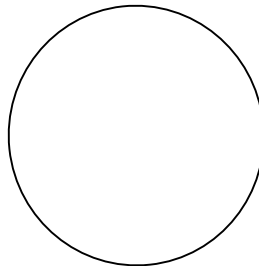
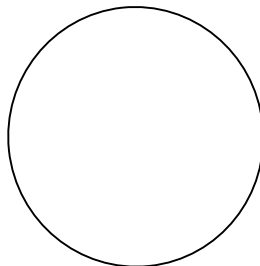
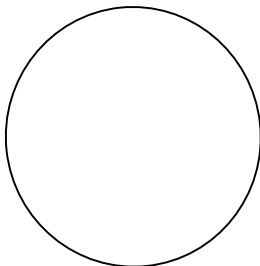
| Food Diary: Day 18 | | | | | | | |
|--------------------|-------|------------|-------|------------|-------|------------|-------|
| Breakfast | | Lunch | | Dinner | | Snacks | |
| Food Eaten | Resp. | Food Eaten | Resp. | Food Eaten | Resp. | Food Eaten | Resp. |
| | | | | | | | |

Day 18 – Breakfast

Day 18 – Lunch

Day 18 – Dinner

Day 18 - Snacks





personal training has evolved

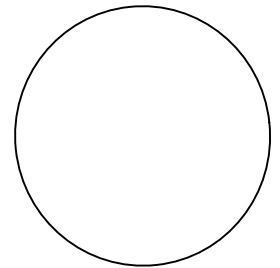
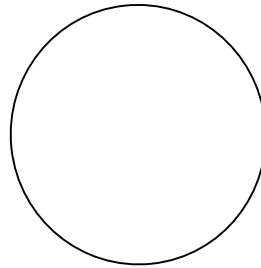
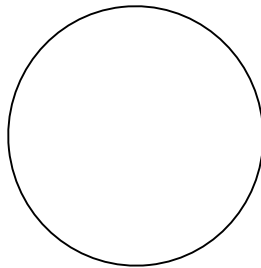
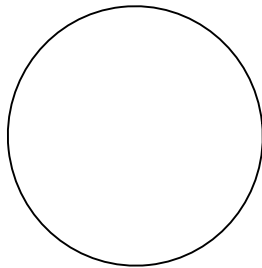
| Food Diary: Day 19 | | | | | | | |
|--------------------|-------|------------|-------|------------|-------|------------|-------|
| Breakfast | | Lunch | | Dinner | | Snacks | |
| Food Eaten | Resp. | Food Eaten | Resp. | Food Eaten | Resp. | Food Eaten | Resp. |
| | | | | | | | |

Day 19 – Breakfast

Day 19 – Lunch

Day 19 – Dinner

Day 19 - Snacks



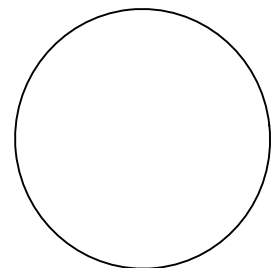
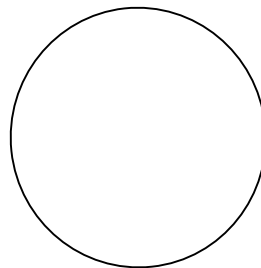
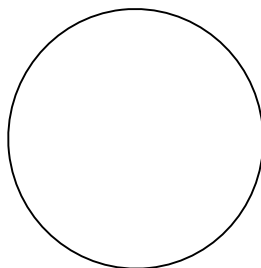
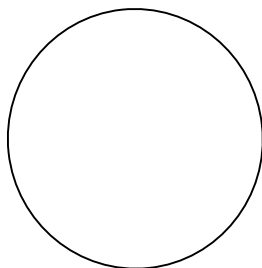
| Food Diary: Day 20 | | | | | | | |
|--------------------|-------|------------|-------|------------|-------|------------|-------|
| Breakfast | | Lunch | | Dinner | | Snacks | |
| Food Eaten | Resp. | Food Eaten | Resp. | Food Eaten | Resp. | Food Eaten | Resp. |
| | | | | | | | |

Day 20 – Breakfast

Day 20 – Lunch

Day 20 – Dinner

Day 20 - Snacks





personal training has evolved

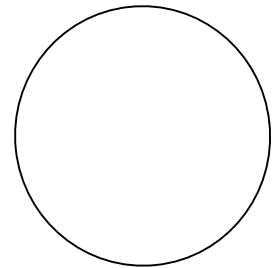
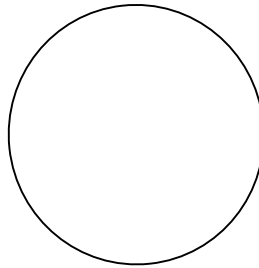
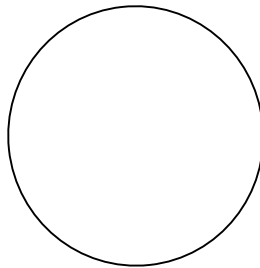
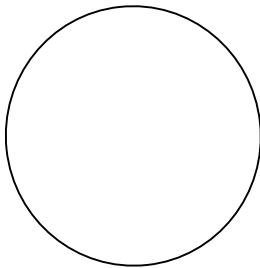
| Food Diary: Day 21 | | | | | | | |
|--------------------|-------|------------|-------|------------|-------|------------|-------|
| Breakfast | | Lunch | | Dinner | | Snacks | |
| Food Eaten | Resp. | Food Eaten | Resp. | Food Eaten | Resp. | Food Eaten | Resp. |
| | | | | | | | |

Day 21 – Breakfast

Day 21 – Lunch

Day 21 – Dinner

Day 21 - Snacks



If you're using this food diary in conjunction with our FreeTools elimination diet (and we suggest you do): after 21 days begin reintroducing foods not on the list slowly, and see how your body reacts.

If after re-introducing a particular food (e.g. wheat/gluten) you feel any adverse reaction including bloating, gas, or diarrhoea then we recommend finding an alternative to it (e.g. going gluten free), or severely reducing the amount.

You'll then know the foods that are healing you and those that are harming you.

Long term stick to your Metabolic Type (more about this later) and aim to eat accordingly at least 80% of the time (= 80/20 rule) or alternatively have one cheat day per week.