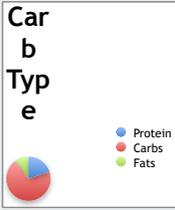
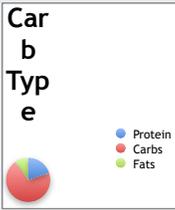
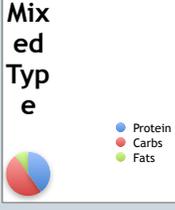


List all foods and drinks consumed. Assess yourself 30 minutes to 2 hours after eating
 (“xs”=excess, “F”=Fat, “P”=Protein, “C”=Carbs)

What did you eat?	What was your ratio?	Assess Your...	Your Body's Positive Reactions	Your Body's Negative Reactions
Meal Details:	Protein Type 	Satisfaction	<input type="checkbox"/> Feel full & content <input type="checkbox"/> No sweet cravings <input type="checkbox"/> No need for snack	<input type="checkbox"/> Physically full BUT still hungry (xs F/P) <input type="checkbox"/> Desire for something sweet (xs F/P) <input type="checkbox"/> Need to snack (xs C, not enough food)
	Carb Type 	Energy	<input type="checkbox"/> Feel recharged <input type="checkbox"/> No feeling of crashing <input type="checkbox"/> Energy is even, not radically up/down	<input type="checkbox"/> Energy has not improved (xs F/P) <input type="checkbox"/> Feel wired but tired (xs C) <input type="checkbox"/> Need a nap (xs C)
	Mixed Type 	Mood	<input type="checkbox"/> Feel uplifted <input type="checkbox"/> Mind is clear, no fog <input type="checkbox"/> Can easily put words and thoughts together	<input type="checkbox"/> Feel anxious/irritable (xs C) <input type="checkbox"/> Mind is cluttered or foggy (xs C) <input type="checkbox"/> Stomach feels heavy (xs F/P)

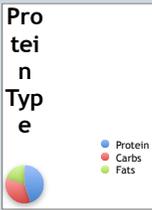
What did you eat?	What was your ratio?	Assess Your...	Your Body's Positive Reactions	Your Body's Negative Reactions
Meal Details:	Protein Type 	Satisfaction	<input type="checkbox"/> Feel full & content <input type="checkbox"/> No sweet cravings <input type="checkbox"/> No need for snack	<input type="checkbox"/> Physically full BUT still hungry (xs F/P) <input type="checkbox"/> Desire for something sweet (xs F/P) <input type="checkbox"/> Need to snack (xs C, not enough food)
	Carb Type 	Energy	<input type="checkbox"/> Feel recharged <input type="checkbox"/> No feeling of crashing <input type="checkbox"/> Energy is even, not radically up/down	<input type="checkbox"/> Energy has not improved (xs F/P) <input type="checkbox"/> Feel wired but tired (xs C) <input type="checkbox"/> Need a nap (xs C)
	Mixed Type 	Mood	<input type="checkbox"/> Feel uplifted <input type="checkbox"/> Mind is clear, no fog <input type="checkbox"/> Can easily put words and thoughts together	<input type="checkbox"/> Feel anxious/irritable (xs C) <input type="checkbox"/> Mind is cluttered or foggy (xs C) <input type="checkbox"/> Stomach feels heavy (xs F/P)

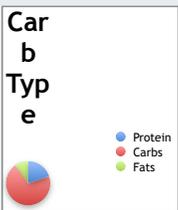
What did I learn from these 2 meal assessments?

What did you eat?	What was your ratio?	Assess Your...	Your Body's Positive Reactions	Your Body's Negative Reactions
Meal Details:	Protein Type 	Satisfaction	__ Feel full & content __ No sweet cravings __ No need for snack	__ Physically full BUT still hungry (xs F/P) __ Desire for something sweet (xs F/P) __ Need to snack (xs C, not enough food)
	Carb Type 	Energy	__ Feel recharged __ No feeling of crashing __ Energy is even, not radically up/down	__ Energy has not improved (xs F/P) __ Feel wired but tired (xs C) __ Need a nap (xs C)
	Mixed Type 	Mood	__ Feel uplifted __ Mind is clear, no fog __ Can easily put words and thoughts together	__ Feel anxious/irritable (xs C) __ Mind is cluttered or foggy (xs C) __ Stomach feels heavy (xs F/P)

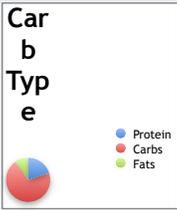
What did you eat?	What was your ratio?	Assess Your...	Your Body's Positive Reactions	Your Body's Negative Reactions
Meal Details:	Protein Type 	Satisfaction	__ Feel full & content __ No sweet cravings __ No need for snack	__ Physically full BUT still hungry (xs F/P) __ Desire for something sweet (xs F/P) __ Need to snack (xs C, not enough food)
	Carb Type 	Energy	__ Feel recharged __ No feeling of crashing __ Energy is even, not radically up/down	__ Energy has not improved (xs F/P) __ Feel wired but tired (xs C) __ Need a nap (xs C)
	Mixed Type 	Mood	__ Feel uplifted __ Mind is clear, no fog __ Can easily put words and thoughts together	__ Feel anxious/irritable (xs C) __ Mind is cluttered or foggy (xs C) __ Stomach feels heavy (xs F/P)

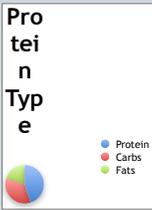
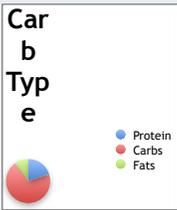
What did I learn from these 2 meal assessments

What did you eat?	What was your ratio?	Assess Your...	Your Body's Positive Reactions	Your Body's Negative Reactions
Meal Details:	Protein Type 	Satisfaction	<input type="checkbox"/> Feel full & content <input type="checkbox"/> No sweet cravings <input type="checkbox"/> No need for snack	<input type="checkbox"/> Physically full BUT still hungry (xs F/P) <input type="checkbox"/> Desire for something sweet (xs F/P) <input type="checkbox"/> Need to snack (xs C, not enough food)
	Carb Type 	Energy	<input type="checkbox"/> Feel recharged <input type="checkbox"/> No feeling of crashing <input type="checkbox"/> Energy is even, not radically up/down	<input type="checkbox"/> Energy has not improved (xs F/P) <input type="checkbox"/> Feel wired but tired (xs C) <input type="checkbox"/> Need a nap (xs C)
	Mixed Type 	Mood	<input type="checkbox"/> Feel uplifted <input type="checkbox"/> Mind is clear, no fog <input type="checkbox"/> Can easily put words and thoughts together	<input type="checkbox"/> Feel anxious/irritable (xs C) <input type="checkbox"/> Mind is cluttered or foggy (xs C) <input type="checkbox"/> Stomach feels heavy (xs F/P)

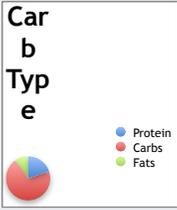
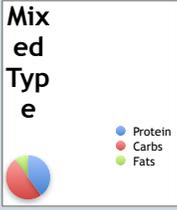
What did you eat?	What was your ratio?	Assess Your...	Your Body's Positive Reactions	Your Body's Negative Reactions
Meal Details:	Protein Type 	Satisfaction	<input type="checkbox"/> Feel full & content <input type="checkbox"/> No sweet cravings <input type="checkbox"/> No need for snack	<input type="checkbox"/> Physically full BUT still hungry (xs F/P) <input type="checkbox"/> Desire for something sweet (xs F/P) <input type="checkbox"/> Need to snack (xs C, not enough food)
	Carb Type 	Energy	<input type="checkbox"/> Feel recharged <input type="checkbox"/> No feeling of crashing <input type="checkbox"/> Energy is even, not radically up/down	<input type="checkbox"/> Energy has not improved (xs F/P) <input type="checkbox"/> Feel wired but tired (xs C) <input type="checkbox"/> Need a nap (xs C)
	Mixed Type 	Mood	<input type="checkbox"/> Feel uplifted <input type="checkbox"/> Mind is clear, no fog <input type="checkbox"/> Can easily put words and thoughts together	<input type="checkbox"/> Feel anxious/irritable (xs C) <input type="checkbox"/> Mind is cluttered or foggy (xs C) <input type="checkbox"/> Stomach feels heavy (xs F/P)

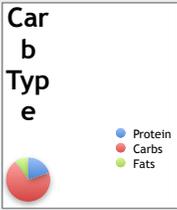
What did I learn from these 2 meal assessments?

What did you eat?	What was your ratio?	Assess Your...	Your Body's Positive Reactions	Your Body's Negative Reactions
Meal Details:	Protein Type 	Satisfaction	<input type="checkbox"/> Feel full & content <input type="checkbox"/> No sweet cravings <input type="checkbox"/> No need for snack	<input type="checkbox"/> Physically full BUT still hungry (xs F/P) <input type="checkbox"/> Desire for something sweet (xs F/P) <input type="checkbox"/> Need to snack (xs C, not enough food)
	Carb Type 	Energy	<input type="checkbox"/> Feel recharged <input type="checkbox"/> No feeling of crashing <input type="checkbox"/> Energy is even, not radically up/down	<input type="checkbox"/> Energy has not improved (xs F/P) <input type="checkbox"/> Feel wired but tired (xs C) <input type="checkbox"/> Need a nap (xs C)
	Mixed Type 	Mood	<input type="checkbox"/> Feel uplifted <input type="checkbox"/> Mind is clear, no fog <input type="checkbox"/> Can easily put words and thoughts together	<input type="checkbox"/> Feel anxious/irritable (xs C) <input type="checkbox"/> Mind is cluttered or foggy (xs C) <input type="checkbox"/> Stomach feels heavy (xs F/P)

What did you eat?	What was your ratio?	Assess Your...	Your Body's Positive Reactions	Your Body's Negative Reactions
Meal Details:	Protein Type 	Satisfaction	<input type="checkbox"/> Feel full & content <input type="checkbox"/> No sweet cravings <input type="checkbox"/> No need for snack	<input type="checkbox"/> Physically full BUT still hungry (xs F/P) <input type="checkbox"/> Desire for something sweet (xs F/P) <input type="checkbox"/> Need to snack (xs C, not enough food)
	Carb Type 	Energy	<input type="checkbox"/> Feel recharged <input type="checkbox"/> No feeling of crashing <input type="checkbox"/> Energy is even, not radically up/down	<input type="checkbox"/> Energy has not improved (xs F/P) <input type="checkbox"/> Feel wired but tired (xs C) <input type="checkbox"/> Need a nap (xs C)
	Mixed Type 	Mood	<input type="checkbox"/> Feel uplifted <input type="checkbox"/> Mind is clear, no fog <input type="checkbox"/> Can easily put words and thoughts together	<input type="checkbox"/> Feel anxious/irritable (xs C) <input type="checkbox"/> Mind is cluttered or foggy (xs C) <input type="checkbox"/> Stomach feels heavy (xs F/P)

What did I learn from these 2 meal assessments?

What did you eat?	What was your ratio?	Assess Your...	Your Body's Positive Reactions	Your Body's Negative Reactions
Meal Details:	Protein Type 	Satisfaction	__Feel full & content __No sweet cravings __No need for snack	__Physically full BUT still hungry (xs F/P) __Desire for something sweet (xs F/P) __Need to snack (xs C, not enough food)
	Carb Type 	Energy	__Feel recharged __No feeling of crashing __Energy is even, not radically up/down	__Energy has not improved (xs F/P) __Feel wired but tired (xs C) __Need a nap (xs C)
	Mixed Type 	Mood	__Feel uplifted __Mind is clear, no fog __Can easily put words and thoughts together	__Feel anxious/irritable (xs C) __Mind is cluttered or foggy (xs C) __Stomach feels heavy (xs F/P)

What did you eat?	What was your ratio?	Assess Your...	Your Body's Positive Reactions	Your Body's Negative Reactions
Meal Details:	Protein Type 	Satisfaction	__Feel full & content __No sweet cravings __No need for snack	__Physically full BUT still hungry (xs F/P) __Desire for something sweet (xs F/P) __Need to snack (xs C, not enough food)
	Carb Type 	Energy	__Feel recharged __No feeling of crashing __Energy is even, not radically up/down	__Energy has not improved (xs F/P) __Feel wired but tired (xs C) __Need a nap (xs C)
	Mixed Type 	Mood	__Feel uplifted __Mind is clear, no fog __Can easily put words and thoughts together	__Feel anxious/irritable (xs C) __Mind is cluttered or foggy (xs C) __Stomach feels heavy (xs F/P)

What did I learn from these 2 meal assessments?

**This is not recommended for treatment of any disease and/or condition. It is recommended that you consult with your doctor or physician for any medical concerns and changes to your lifestyle for improved health.