



1. Write down everything you eat for five days. Include at least one weekend day.
2. Be sure to record all beverages and snacks, as well as food eaten at meals.
3. Record your hunger level right before a meal and your fullness and satisfaction level right after a meal. This can help focus your attention on hunger and satiety cues.
4. Record the exact amount of food if you know it (such as a 4-ounce can of fish). Otherwise, give your best estimate (such as a fist-size serving of vegetables) of amount and ingredients.
5. Estimate grams of net carbs and grams of protein in your meal/snack.

First meal	Second meal	Third meal	Snack / Other
Hunger before eating: 4	Hunger before eating: 5	Hunger before eating: 4	Hunger before eating: 2
Time: 6:30 am	Time: 11:30 am	Time: 7:00 pm	Time: 4:00 pm
3 large eggs ½ cup raspberries 20 almonds Coffee with 1Tbs heavy cream	4-ounce can tuna fish 1 Tablespoon mayo 2 cups lettuce ½ cup red bell peppers ½ medium avocado Iced tea	Steak (about the size of 2 decks of cards) Roasted Brussels sprouts (about the size of a fist) Wine (standard wine glass) Water	10 macadamia nuts Water
Fullness & satisfaction after eating: 5	Fullness & satisfaction after eating: 4	Fullness & satisfaction after eating: 5	Fullness & satisfaction after eating: 3
Estimated net carbs: 10 grams	Estimated net carbs: 6 grams	Estimated net carbs: 8 grams	Estimated net carbs: 1 gram
Estimated protein: 25 grams	Estimated protein: 30 grams	Estimated protein: 35 grams	Estimated protein: 1 gram



DAY 1

Estimate your hunger levels before eating on a scale of 1-5, with 1 = “not very hungry” and 5 = “extremely hungry.”

Estimate your fullness levels after eating on a scale of 1-5, with 1 = “not very full or satisfied” and 5 = “extremely full and satisfied.”

First meal	Second meal	Third meal	Snack / Other
Hunger before eating:	Hunger before eating:	Hunger before eating:	Hunger before eating:
Time:	Time:	Time:	Time:
Fullness & satisfaction after eating:	Fullness & satisfaction after eating:	Fullness & satisfaction after eating:	Fullness & satisfaction after eating:
Estimated net carbs:	Estimated net carbs:	Estimated net carbs:	Estimated net carbs:
Estimated protein:	Estimated protein:	Estimated protein:	Estimated protein:



DAY 2

Estimate your hunger levels before eating on a scale of 1-5, with 1 = “not very hungry” and 5 = “extremely hungry.”

Estimate your fullness levels after eating on a scale of 1-5, with 1 = “not very full or satisfied” and 5 = “extremely full and satisfied.”

First meal	Second meal	Third meal	Snack / Other
Hunger before eating:	Hunger before eating:	Hunger before eating:	Hunger before eating:
Time:	Time:	Time:	Time:
Fullness & satisfaction after eating:	Fullness & satisfaction after eating:	Fullness & satisfaction after eating:	Fullness & satisfaction after eating:
Estimated net carbs:	Estimated net carbs:	Estimated net carbs:	Estimated net carbs:
Estimated protein:	Estimated protein:	Estimated protein:	Estimated protein:



DAY 3

Estimate your hunger levels before eating on a scale of 1-5, with 1 = “not very hungry” and 5 = “extremely hungry.”

Estimate your fullness levels after eating on a scale of 1-5, with 1 = “not very full or satisfied” and 5 = “extremely full and satisfied.”

First meal	Second meal	Third meal	Snack / Other
Hunger before eating:	Hunger before eating:	Hunger before eating:	Hunger before eating:
Time:	Time:	Time:	Time:
Fullness & satisfaction after eating:	Fullness & satisfaction after eating:	Fullness & satisfaction after eating:	Fullness & satisfaction after eating:
Estimated net carbs:	Estimated net carbs:	Estimated net carbs:	Estimated net carbs:
Estimated protein:	Estimated protein:	Estimated protein:	Estimated protein:



DAY 4

Estimate your hunger levels before eating on a scale of 1-5, with 1 = “not very hungry” and 5 = “extremely hungry.”

Estimate your fullness levels after eating on a scale of 1-5, with 1 = “not very full or satisfied” and 5 = “extremely full and satisfied.”

First meal	Second meal	Third meal	Snack / Other
Hunger before eating:	Hunger before eating:	Hunger before eating:	Hunger before eating:
Time:	Time:	Time:	Time:
Fullness & satisfaction after eating:	Fullness & satisfaction after eating:	Fullness & satisfaction after eating:	Fullness & satisfaction after eating:
Estimated net carbs:	Estimated net carbs:	Estimated net carbs:	Estimated net carbs:
Estimated protein:	Estimated protein:	Estimated protein:	Estimated protein:



DAY 5

Estimate your hunger levels before eating on a scale of 1-5, with 1 = “not very hungry” and 5 = “extremely hungry.”

Estimate your fullness levels after eating on a scale of 1-5, with 1 = “not very full or satisfied” and 5 = “extremely full and satisfied.”

First meal	Second meal	Third meal	Snack / Other
Hunger before eating:	Hunger before eating:	Hunger before eating:	Hunger before eating:
Time:	Time:	Time:	Time:
Fullness & satisfaction after eating:	Fullness & satisfaction after eating:	Fullness & satisfaction after eating:	Fullness & satisfaction after eating:
Estimated net carbs:	Estimated net carbs:	Estimated net carbs:	Estimated net carbs:
Estimated protein:	Estimated protein:	Estimated protein:	Estimated protein: