

Step 4 – Chart Your Results: Food Journals

We recommend you log your food intake every day using the daily food journals on pages 37-42 until you understand portion control, become comfortable with making healthy choices, and reach your goal weight. Once you reach your goal weight it is not necessary to log your food intake anymore although we recommend weighing yourself weekly. If you are gaining weight, use your food log again. Below shows you how to fill out your daily food log. You may eat food from the garden, farm or grocery store AND use the Food Supplements in this book listed on pages 32-36. To plan your menus or even to log your food weekly we have also provided weekly meal planning templates on pages 25-29.

Sample Daily Food Journal

MONDAY		
BREAKFAST		
275-300 calories	FOOD	Metagenics® Meal Replacement SHAKE OR Stellar Labs™ BAR
Fruit	1/2 banana	1/2 banana
Dairy	1 cup skim milk or almond milk	1 cup skim milk or almond milk
Small Protein	2 egg whites	Stellar Labs™ Protein Shake
Starch	1 slice whole grain toast	
Oil/Fat	1/2 Tbsp. peanut butter	1 Tbsp. chia seeds
LUNCH		
Vegetable	1 cup tomatoes	
Vegetable	1 cup leafy greens	
Large Protein	3 oz. cooked chicken	
Starch	1 small roll	
Oil/Fat	2 Tbsp. low-fat salad dressing	
SNACK		
275-300 calories	FOOD	Stellar Labs™ PROTEIN SHAKE
Fruit	1 small apple	1/2 banana
Dairy	1/2 cup fat-free plain, fat-free vanilla or fat-free fruit added yogurt	1 cup skim milk or almond milk
Small Protein	1 egg	Stellar Labs™ Protein Bar
Starch	10 reduced-fat wheat thins	
Oil/Fat	1 Tbsp. whipped butter	
DINNER		
Vegetable	1/2 cup cooked broccoli	
Vegetable	1/2 cup cooked broccoli	
Large Protein	3 oz. scallops	
Starch	1/3 cup cooked rice	
Oil/Fat	1 tsp. olive oil	

Level I 1200-1400 Calorie DAILY FOOD JOURNAL

	Day _____	Date _____
275-300 calories	BREAKFAST	
Fruit		
Dairy		
Small Protein		
Starch		
Oil/Fat		
275-325 calories	LUNCH	
Vegetable		
Vegetable		
Large Protein		
Starch		
Oil/Fat		
275-300 calories	SNACK	
Fruit		
Dairy		
Small Protein		
Starch		
Oil/Fat		
275-325 calories	DINNER	
Vegetable		
Vegetable		
Large Protein		
Starch		
Oil/Fat		

Supplements

- | | |
|--|------------------------------------|
| <input type="checkbox"/> Multi Vitamin | <input type="checkbox"/> Probiotic |
| <input type="checkbox"/> Omega | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Vitamin D | <input type="checkbox"/> _____ |

Glasses of Water Consumed

8oz.	8oz	8oz	8oz	8oz	8oz	8oz	8oz

Exercise

Type	Time

Met Today's Goals

0%	25%	50%	75%	100%

Notes:

Level II 1400-1600 Calorie DAILY FOOD JOURNAL

	Day _____	Date _____	
275-300 calories	BREAKFAST		
Fruit			
Dairy			
Small Protein			
Starch			
Oil/Fat			
375-425 calories	LUNCH		
Vegetable			
Vegetable			
Large Protein			
Small Protein			
Starch			
Starch			
Oil/Fat			
275-300 calories	SNACK		
Fruit			
Dairy			
Small Protein			
Starch			
Oil/Fat			
375-425 calories	DINNER		
Vegetable			
Vegetable			
Large Protein			
Small Protein			
Starch			
Starch			
Oil/Fat			

Supplements

- Multi Vitamin
- Omega
- Vitamin D
- Probiotic
- _____
- _____

Glasses of Water Consumed

8oz.	8oz	8oz	8oz	8oz	8oz	8oz	8oz

Exercise

Type	Time

Met Today's Goals

0%	25%	50%	75%	100%

Notes:

Level III 1600-1800 Calorie DAILY FOOD JOURNAL

	Day _____	Date _____
275-300 calories	BREAKFAST	
Fruit		
Dairy		
Small Protein		
Starch		
Oil/Fat		
475-525 calories	LUNCH	
Vegetable		
Vegetable		
Large Protein		
Small Protein		
Starch		
Starch		
Starch		
Oil/Fat		
Oil/ Fat		
275-300 calories	SNACK	
Fruit		
Dairy		
Small Protein		
Starch		
Oil/Fat		
475-525 calories	DINNER	
Vegetable		
Vegetable		
Large Protein		
Small Protein		
Starch		
Starch		
Starch		
Oil/Fat		
Oil/Fat		

Supplements

- | | |
|--|------------------------------------|
| <input type="checkbox"/> Multi Vitamin | <input type="checkbox"/> Probiotic |
| <input type="checkbox"/> Omega | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Vitamin D | <input type="checkbox"/> _____ |

Glasses of Water Consumed

8oz.	8oz	8oz	8oz	8oz	8oz	8oz	8oz

Exercise

Type	Time

Met Today's Goals

0%	25%	50%	75%	100%

Notes:

Level IV 1800-2000 Calorie DAILY FOOD JOURNAL

	Day _____	Date _____
275-300 calories	BREAKFAST	
Fruit		
Fruit		
Dairy		
Small Protein		
Starch		
Oil/Fat		
625-675 calories	LUNCH	
Vegetable		
Vegetable		
Large Protein		
Large Protein		
Starch		
Starch		
Starch		
Oil/Fat		
Oil/Fat		
Oil/Fat		
275-300 calories	SNACK	
Fruit		
Dairy		
Small Protein		
Starch		
Oil/Fat		
625-675 calories	DINNER	
Vegetable		
Vegetable		
Large Protein		
Large Protein		
Starch		
Starch		
Starch		
Oil/Fat		
Oil/Fat		
Oil/Fat		

Supplements

- | | |
|--|------------------------------------|
| <input type="checkbox"/> Multi Vitamin | <input type="checkbox"/> Probiotic |
| <input type="checkbox"/> Omega | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Vitamin D | <input type="checkbox"/> _____ |

Glasses of Water Consumed

8oz.	8oz	8oz	8oz	8oz	8oz	8oz	8oz

Exercise

Type	Time

Met Today's Goals

0%	25%	50%	75%	100%

Notes:

Level V 2000-2200 Calorie DAILY FOOD JOURNAL

	Day _____	Date _____
325-350 calories	BREAKFAST	
Fruit		
Fruit		
Dairy		
Small Protein		
Starch		
Oil/Fat		
Oil/Fat		
625-675 calories	LUNCH	
Vegetable		
Vegetable		
Large Protein		
Large Protein		
Starch		
Starch		
Starch		
Oil/ Fat		
Oil/ Fat		
Oil/Fat		
325-350 calories	SNACK	
Fruit		
Fruit		
Dairy		
Small Protein		
Starch		
Oil/Fat		
Oil/Fat		
625-675 calories	DINNER	
Vegetable		
Vegetable		
Large Protein		
Large Protein		
Starch		
Starch		
Starch		
Oil/ Fat		
Oil/ Fat		
Oil/ Fat		

Supplements

- | | |
|--|------------------------------------|
| <input type="checkbox"/> Multi Vitamin | <input type="checkbox"/> Probiotic |
| <input type="checkbox"/> Omega | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Vitamin D | <input type="checkbox"/> _____ |

Glasses of Water Consumed

8oz.		8oz	8oz	8oz	8oz	8oz	8oz	8oz

Exercise

Type	Time

Met Today's Goals

0%	25%	50%	75%	100%

Notes:

SERVING SIZES – Eat the below portion sizes in the amounts specified for your LEVEL on page 7

VEGETABLE PORTIONS 25 CALORIES/SERVING 5 G CARBOHYDRATE	FRUIT PORTIONS 60 CALORIES/SERVING 15 G CARBOHYDRATE	LARGE PROTEIN PORTIONS 90-150 CALORIES/SERVING 21 G PROTEIN	SMALL PROTEIN PORTIONS 30-70 CALORIES/SERVING 7 G PROTEIN
<p>1 cup of raw or steamed or ½ cup cooked (unless noted) All listed vegetable servings are naturally Gluten Free, Vegan, and Vegetarian</p> <ul style="list-style-type: none"> • Artichokes, ½ large • Asparagus, 10 spears • Beans, green LFod • Beets, 2 medium • Bean Sprouts • Broccoli, chopped • Bok choy LFod • Brussels Sprouts, 5 medium • Cabbage, chopped • Carrots, 2 medium or 10 baby LFod • Cauliflower • Celery • Collard Greens • Cucumbers • Eggplant, ½ medium • Jicama, sliced • Kale • Lettuce, all types • Mushrooms • Okra • Onions, chopped, ½ cup or ¼ cup cooked • Peppers, sweet, sliced • Red peppers, 1 cup raw or 1/2 cup cooked LFod • Radishes LFod • Snow Peas • Spinach LFod • Summer Squash, sliced LFod • Tomatoes, chopped, 2 medium or 10 cherry LFod • Vegetable juice, unsweetened, 1 cup • Water Chestnuts, ¼ cup LFod • Zucchini Squash, Sliced LFod 	<p>1 piece (unless noted) All listed vegetable servings are naturally Gluten Free, Vegan, and Vegetarian</p> <ul style="list-style-type: none"> • Apple, unpeeled, small, 1 or 1 cup slices • Applesauce, unsweetened, ½ cup • Banana, small or ½ cup slices LFod • Blackberries, ¾ cup • Blueberries, ¾ cup LFod • Cantaloupe, 1 cup cubed (11oz.) LFod • Cherries, sweet fresh, 12 or ½ cup • Dates, 3 • Grapefruit, ½ large or ¾ cup LFod • Grapes, 17 or ¾ cup LFod • Honeydew melon, 1 cup cubed (10 oz.) LFod • Kiwi, 1 or ½ cup slices (3.5oz.) LFod • Mango, small, ½ fruit or ½ cup cubed • Nectarine, small, 1 or ¾ cup slices • Orange, small, or ¾ c. sections LFod • Papaya ½ fruit or 1 cup cubed • Peach, medium, 1 or 1 cup slices • Pear, large, ½ or ¾ cup slices • Pineapple, ¾ cup chopped LFod • Plums, small, 2 or ¾ cup • Raspberries, 1 cup LFod • Strawberries, whole berries, 1 ½ cup LFod • Tangerines, small, 2 or ½ cup sections • Watermelon, 1¼ cup cubes (13 ½ oz.) • Canned fruit in water, ½ cup 	<p>3 oz. Cooked Protein (unless noted) All listed protein servings are naturally Gluten Free unless noted</p> <ul style="list-style-type: none"> • Clam • Cod • Haddock • Halibut • Crab, Shrimp, Lobster • Flounder • Trout • Salmon • Sardines, 7 • Scallops • Tuna, cooked or canned • Chicken skinless breast or leg *GF (check label on rotisserie chicken) • Turkey skinless breast or leg • Beef Sirloin • Beef Tenderloin • Flank Steak • Ground Beef, 95% lean • Buffalo • Bacon, Canadian, 3 slices or 3 oz. • Deli Meat (turkey, chicken, ham) *GF (check label) • Pork Tenderloin • Veal Chop, Venison <p>VEGETARIAN OPTIONS</p> <ul style="list-style-type: none"> • Cottage Cheese, fat-free or 1%, ¾ c. *GF (check label) • Eggs, 2 & 2 egg whites LFod • Egg Whites, 6 or ¾ c. LFod • Tofu, ¾ cup *GF (check label), Vegan • Yogurt, Greek, fat-free, plain, ¾ c. *GF (check label) • 1 scoop Stellar Labs™ Whey Protein Shake mix GF, LFod • 1 scoop Stellar Labs™ Plant Based Protein Shake mix GF, Vegan • Tempeh, ¾ cup Vegan, LFod <p>HIGHER CARBOHYDRATE VEGETARIAN OPTIONS</p> <ul style="list-style-type: none"> • 2 Veggie Burgers (at least 7g protein per burger) *GF and Vegan (check label) 	<p>1 oz. Cooked Protein (unless noted) All listed protein servings are naturally Gluten Free unless noted</p> <ul style="list-style-type: none"> • Clam • Cod, Haddock, Halibut • Crab, Shrimp, Lobster • Flounder, Trout • Salmon • Sardines, 2 • Scallops • Tuna, cooked or canned • Chicken skinless breast or leg *GF (check label on rotisserie chicken) • Turkey skinless breast or leg • Beef Sirloin • Beef Tenderloin • Flank Steak • Ground Beef, 95% lean • Buffalo • Bacon, Canadian, 1 slice or 1 oz. • Deli Meat (turkey, chicken, ham) *GF (check label) • Pork Tenderloin • Veal Chop • Venison <p>VEGETARIAN OPTIONS</p> <ul style="list-style-type: none"> • Cottage Cheese, fat-free or 1%, ¼ cup *GF (check label) • Egg, 1 GF, LFod • Egg Whites, cooked, 2 or ¼ cup LFod • Tempeh, ¼ c. LFod, Vegan • Powdered Peanut butter, 2 Tbsp. LFod, Vegan • Tofu, ¼ c. *GF (check label) • Yogurt, Greek, fat-free, plain, ¼ cup • Cheese, reduced-fat, 2% all varieties, 1 oz. LFod (only hard cheeses) • 1 Cheese Stick, reduced-fat (1 oz.) LFod • Cheese, Swiss 1oz. LFod • Cheese, Parmesan 1oz. LFod • Cheese, Brie 1oz. • Cheese, Cheddar 1oz. LFod • Cheese, Goat 1oz. • Cheese, Ricotta 1oz. • 1 Veggie Burger (at least 7g protein/burger) *GF and Vegan (check label) <p>1 Small Protein & Starch (7g protein + 15g carbs)</p> <ul style="list-style-type: none"> • ½ cup beans Vegan • ½ cup shelled edamame Vegan <p>HIGHER CARBOHYDRATE VEGETARIAN OPTIONS count as 1 small protein and 1 starch</p> <ul style="list-style-type: none"> • 1 OPTIVIA™ meal replacement • Any variety fat-free yogurt, ¾ cup (5 oz.) • Other Veggie Burger *GF and Vegan (check label)

<p style="text-align: center;">STARCH PORTIONS 80 CALORIES/SERVING 15 G CARBOHYDRATE</p>	<p style="text-align: center;">DAIRY & NON-DAIRY PORTIONS 100 CALORIES/SERVING *12-15 G CARBOHYDRATE</p>	<p style="text-align: center;">OIL & FAT PORTIONS 45 CALORIES/SERVING 5 G FAT</p>
<p style="text-align: center;"><i>All listed protein servings are naturally Vegetarian unless noted</i></p> <p style="text-align: center;">½ cup of Cooked Beans</p> <ul style="list-style-type: none"> • Black, Navy, White GF, Vegan • Edamame GF, Vegan • Garbanzo GF, Vegan • Kidney, Pinto, Refried GF, Vegan <p style="text-align: center;">⅓ cup of Grains</p> <ul style="list-style-type: none"> • Couscous, cooked • Quinoa, cooked GF, LFod, Vegan • Rice, white or brown, cooked GF, LFod, Vegan • Pasta, cooked <p style="text-align: center;">½ cup of Starchy Veg.</p> <ul style="list-style-type: none"> • Corn GF, Vegan • Peas, green GF, Vegan • Potato, ½ cup or ½ (3 oz.) GF, LFod, Vegan • Sweet potato ½ cup or ½ (3 oz.) GF, LFod, Vegan <p style="text-align: center;">¾ cup cereal</p> <ul style="list-style-type: none"> • Unsweetened cereal, dry (less than 4g of sugar per serving) <p style="text-align: center;">½ cup cereal</p> <ul style="list-style-type: none"> • Bran Vegan • Cream of wheat, cooked Vegan • Grits, cooked GF, LFod, Vegan • Oatmeal, cooked GF (check label), LFod, Vegan • Shredded wheat Vegan <p style="text-align: center;">Cereals, ¼ cup</p> <ul style="list-style-type: none"> • Granola Vegan • Oatmeal, dry *GF (check label), LFod, Vegan <p style="text-align: center;">Other</p> <ul style="list-style-type: none"> • Cracker, Matza, 1 (¾ oz.) • English Muffin, ½ • Triscuits,® reduced-fat, 5 *Vegan (check label, varies w/ flavors) • Popcorn, plain, 3 cups GF, LFod, Vegan • Pretzels, ¾ oz. *Vegan (check label) • Rice Cakes, 2 GF, LFod, Vegan • Ritz ® Crackers, reduced-fat, 5 Vegan • Roll, small (1 oz.) • Tortilla, 6 inch • Corn tortilla, (6in), 1 GF, LFod, Vegan • Wheat Thins,® reduced-fat, 10 *Vegan (check label, varies w/ flavors) • Matzo Crackers, 1 *Vegan (check label) • Whole grain bread, 1 slice • Low-cal whole grain bread, 2 slices • Whole grain hamburger bun, ½ 	<p style="text-align: center;"><i>All listed dairy servings are naturally Vegetarian unless noted</i></p> <p style="text-align: center;">1 cup of Milk</p> <ul style="list-style-type: none"> • Almond GF, LFod, Vegan • Coconut GF, Vegan • Cashew GF, Vegan • Rice GF, Vegan, LFod • Soy GF, LFod, Vegan • Cow's, skim* GF • Cow's, 1%* GF <p style="text-align: center;">Other</p> <ul style="list-style-type: none"> • Hot-chocolate packet, sugar-free • Pudding, fat-free, ½ cup • Yogurt, fat free, any variety, 5.oz (¾ c.) GF • Frozen yogurt, fat-free, ½ c* GF • Cottage cheese fat-free, or 1%, ½ cup GF • Cheese, all reduced-fat, 2% varieties (1 oz.) GF, LFod (hard cheeses) • Cheese stick, reduced-fat (1 oz.) GF, LFod 	<p style="text-align: center;"><i>All listed oil/fat servings are naturally Vegetarian unless noted</i></p> <p style="text-align: center;">1 Tsp. of Oil</p> <ul style="list-style-type: none"> • Canola GF, LFod, Vegan • Coconut GF, LFod, Vegan • Flaxseed GF, LFod, Vegan • Olive GF, LFod, Vegaa • Peanut GF, LFod, Vegan • Sesame GF, LFod, Vegan • Vegetable GF, LFod, Vegan <p style="text-align: center;">½ Tbsp. of Nut Butter</p> <ul style="list-style-type: none"> • Almond GF, LFod, Vegan • Peanut GF, LFod, Vegan • Tahini GF, Vegan <p style="text-align: center;">1 Tbsp. of Seeds</p> <ul style="list-style-type: none"> • Chia GF, LFod, Vegan • Flax GF, LFod, Vegan • Pumpkin GF, LFod, Vegan • Sesame GF, LFod, Vegan • Sunflower GF, LFod, Vegan <p style="text-align: center;">1 Tbsp. of Nuts</p> <ul style="list-style-type: none"> • Almonds, 6 GF, LFod, Vegan • Cashews, 6 GF, Vegan • Mixed Nuts, 6 GF, Vegan • Peanuts, 10 GF, LFod, Vegan • Pistachios, 16 GF, Vegan • Pecan, halves, 4 GF, LFod, Vegan • Walnut, halves, 4 GF, LFod, Vegan <p style="text-align: center;">Salad Dressing</p> <ul style="list-style-type: none"> • Reduced-fat, 2 Tbsp. *GF and Vegan (check label) • Regular, 1 Tbsp. *GF and Vegan (check label) • Mayo, reduced-fat, 1 Tbsp. GF, LFod • Mayo, regular, 2 Tsp. GF, LFod <p style="text-align: center;">Other</p> <ul style="list-style-type: none"> • Avocado, 2 Tbsp. GF, Vegan • Butter, whipped, 1 Tbsp.* GF, LFod • Butter, 1 Tsp.* GF, LFod • Cream cheese, whipped or reduced-fat, 2 Tbsp.* GF • Half & Half, 2 Tbsp.* GF • Hummus, 2 Tbsp. GF, Vegan • Olives, 8 GF, LFod, Vegan • Sour Cream, regular 2 Tbsp.* GF • Sour Cream, reduced-fat, 3 Tbsp.* GF <p style="text-align: center;">* Saturated Fats (limit to a few a week)</p>

OTHER FOOD PORTIONS 80 CALORIES/SERVING	BEVERAGE PORTIONS	EXTRA FOOD PORTIONS 20 CALORIES/SERVING
<p><i>Optional: replace 1 starch serving a day or up to 7 starch servings a week</i></p> <ul style="list-style-type: none"> • Angel Food Cake, 1/12th of Whole (2 oz.) • Animal Crackers, 8 *V (check label) • Cake, 1 in square • Frozen Yogurt, ½ cup *GF (check label) • Fruit Juice Bar, 1 *GF, *V (check label) • Ginger Snaps. 3 *V (check label) • Graham Cracker Squares, 3 • Jelly, 1 ½ Tbsp. *GF, *V (check label) • Medium Plain Doughnut, ⅓ of a piece Pie, 1/24th slice • Potato Chips, ½ cup or (1/2 oz.) *GF, *V, LFod (check label) • Chewy Fruit Snacks, 1 small package (8 oz.) *GF (check label) • Sorbet, ½ cup *GF, *V (check label) • Tortilla Chips, 4 *GF, *LFod, *V (corn chips) • Wine, 4 oz. *GF • Light Beer, 8 oz. *V • Hard Alcohol, 1 oz. *V, *LFod (gin, whiskey, unflavored vodka) 	<p><i>Any Non-Calorie Beverage</i></p> <p>Coffee Iced Tea, Unsweetened Water Diet Soda Carbonated Mineral Water</p> <hr/> <p>FREE FOODS</p> <p>Bullion/Broth Cooking Spray Flavor Extracts Garlic Herbs/Spices, Hot Sauce Lemon/Lime Juice Mustards Vinegars</p>	<p><i>1 portion equals less than 20 calories per serving. 4 portions equal one starch serving</i></p> <ul style="list-style-type: none"> • Barbeque Sauce, 1 Tbsp GF, LFod, Vegan (check label) • Butter or Margarine, Fat Free, 3 Tbsp GF, LFod • Capers, 1 Tbsp GF, LFod, Vegan • Catchup, 1 Tbsp *GF (check label), Vegan • Chocolate Syrup, Light, 1 Tbsp *GF (check label) • Cocoa Powder, Unsweetened, 1 Tbsp *GF (check label) • Cocktail Sauce, 1 Tbsp • Cream Cheese, Fat Free, 1 Tbsp *GF (check label) • Cool Whip®, Fat – Free or Light, 2 Tbsp GF • Coffee Mate® Liquid Creamer Fat-Free or Sugar-Free, 1 Tbsp *GF (check label) • Curry Sauce, 1 Tsp *GF (check label), *LFod (check label), *Vegan (check label) • Dill Pickle, 1 • Half and Half Fat-Free or Low-Fat, 1 Tbsp • Hard Candy, 1 • Hard Candies, Sugar-Free, 2 • Honey, 1 Tsp • Jalapeno peppers, Chopped, 1 Tbsp • Jam, Sugar-Free. 2 Tbsp • Jell-O® sugar-free, ½ cup • Maple Syrup, Sugar-Free, 1 Tbsp • Mayonnaise, Any brand, Fat-Free, 1 Tbsp • Coffee Mate® Liquid Creamer, ½ Tbsp • Salad Dressing Fat Free, 1 Tbsp • Salad Spritzers, 10 sprays • Salsa, ¼ cup • Sour Cream, Fat Free, 1 Tbsp