



Chart Your Results: Food Journals

You may chart your food intake every day using the daily food journals 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 or other food tracking device again. The next page will show you how to fill out your daily food log. You may eat food from the garden, farm or grocery store AND it is optional to use the Food Supplements in this book. Use the meal plans provided in this book to help you plan your menus!



SAMPLE | Daily Food Journal

275-300 calories	BREAKFAST	
	Option #1 all whole foods	Option # 2 with a Stellar Labs® PROTEIN SHAKE Mixed in a Blender
Fruit	1/3 Medium Banana	1/3 Medium Banana
Dairy/ Non-Dairy	1 cup lactose - free skim milk or almond milk	1 cup lactose - free skim milk or almond milk
Small Protein	6 egg whites	Stellar Labs® Protein Shake
Oil/Fat	1 Tbsp. Whipped Butter	1 Tbsp. chia seeds
275-325 calories	LUNCH	
Vegetable	1 small tomato	
Vegetable	2 cups lettuce (any kind)	
Large Protein	3 oz cooked chicken	
Starch	1 slice white or wheat bread	
Oil/Fat	2 tsp. mayo	
275-300 calories	SNACK	
	Option #1 all whole foods	Option # 2 with a Stellar Labs® PROTEIN BAR
Fruit	17 grapes	1 orange
Dairy/ Non-Dairy	1 latte with almond milk	Stellar Labs® Cacao Chip Whey Protein Bar
Protein	2/3 cup lactose - free Greek yogurt with fruit	
Oil/Fat	10 Peanuts	
275-325 calories	DINNER	
Vegetable	1/2 cup cooked broccoli	
Vegetable	1/2 cup cooked broccoli	
Large Protein	3 oz cooked scallops	
Starch	1/3 cup cooked rice	
Oil/Fat	1 tsp. olive oil	

LEVEL I • 1100-1300 Calorie // Daily Food Journal

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

Glasses of Water Consumed
(1 glass = 1 cup):

Met Today's Goals:

Exercise:

Notes:

LEVEL II • 1300-1500 Calorie // Daily Food Journal

	Day _____ Date _____
275-325 calories	BREAKFAST
Fruit	
Dairy/ Non-Dairy	
Protein	
Oil/Fat	
325-400 calories	LUNCH
Vegetable	
Vegetable	
Protein	
Starch	
Oil/Fat	
Oil/Fat	
275-325 calories	SNACK
Fruit	
Dairy/ Non-Dairy	
Protein	
Oil/Fat	
425-475 calories	DINNER
Vegetable	
Vegetable	
Protein	
Starch	
Oil/Fat	
Oil/Fat	
Other	

Glasses of Water Consumed
(1 glass = 1 cup):

Met Today's Goals:

Exercise:

Notes:

LEVEL III • 1500-1700 Calorie // Daily Food Journal

	Day _____ Date _____
275-325 calories	BREAKFAST
Fruit	
Dairy/ Non-Dairy	
Protein	
Oil/Fat	
425-475 calories	LUNCH
Vegetable	
Vegetable	
Protein	
Starch	
Starch	
Oil/Fat	
Oil/Fat	
275-325 calories	SNACK
Fruit	
Dairy/ Non-Dairy	
Protein	
Oil/Fat	
525-575 calories	DINNER
Vegetable	
Vegetable	
Protein	
Starch	
Starch	
Oil/Fat	
Oil/Fat	
Other	

Glasses of Water Consumed
(1 glass = 1 cup):

Met Today's Goals:

Exercise:

Notes:

LEVEL IV • 1700-1900 Calorie // Daily Food Journal

	Day _____ Date _____
275-325 Calories	BREAKFAST
Fruit	
Dairy/ Non-Dairy	
Protein	
Oil/Fat	
525-575 calories	LUNCH
Vegetable	
Vegetable	
Protein	
Protein	
Starch	
Starch	
Oil/Fat	
Oil/ Fat	
275-325 calories	SNACK
Fruit	
Dairy/ Non-Dairy	
Protein	
Oil/Fat	
600-650 calories	DINNER
Vegetable	
Vegetable	
Protein	
Protein	
Starch	
Starch	
Oil/Fat	
Oil/Fat	
Other	

Glasses of Water Consumed
(1 glass = 1 cup):

Met Today's Goals:

Exercise:

Notes:

LEVEL V • 1900-2100 Calorie // Daily Food Journal

	Day _____ Date _____
275 – 325 calories	BREAKFAST
Fruit	
Dairy/ Non-Dairy	
Protein	
Oil/Fat	
Starch	
625-675 calories	LUNCH
Vegetable	
Vegetable	
Protein	
Protein	
Starch	
Starch	
Starch	
Oil/Fat	
Oil/ Fat	
275-325 calories	SNACK
Fruit	
Dairy/ Non-Dairy	
Protein	
Oil/Fat	
725-775 calories	DINNER
Vegetable	
Vegetable	
Protein	
Protein	
Starch	
Starch	
Starch	
Oil/Fat	
Oil/Fat	

Glasses of Water Consumed
(1 glass = 1 cup):

Met Today's Goals:

Exercise:

Notes:

LEVEL VI • 2100-2300 Calorie // Daily Food Journal

	Day _____ Date _____
350-400 Calories	BREAKFAST
Fruit	
Dairy/ Non-Dairy	
Protein	
Oil/Fat	
Starch	
525-575 calories	LUNCH
Vegetable	
Vegetable	
Protein	
Protein	
Starch	
Starch	
Oil/Fat	
Oil/ Fat	
350-400 calories	SNACK
Fruit	
Dairy/ Non-Dairy	
Protein	
Oil/Fat	
Starch	
600-650 calories	DINNER
Vegetable	
Vegetable	
Protein	
Protein	
Starch	
Starch	
Oil/Fat	
Oil/Fat	
Other	
275-325 calories	SNACK
Fruit	
Dairy/ Non-Dairy	
Protein	
Oil/Fat	

Glasses of Water Consumed
(1 glass = 1 cup):

Met Today's Goals:

Exercise:

Notes:

LEVEL VII • 2300-2500 Calorie // Daily Food Journal

	Day _____ Date _____
350-400 Calories	BREAKFAST
Fruit	
Dairy/ Non-Dairy	
Protein	
Oil/Fat	
Starch	
600-650 calories	LUNCH
Vegetable	
Vegetable	
Protein	
Protein	
Starch	
Starch	
Oil/Fat	
Oil/Fat	
Oil/ Fat	
350-400 calories	SNACK
Fruit	
Dairy/ Non-Dairy	
Protein	
Oil/Fat	
Starch	
650-700 calories	DINNER
Vegetable	
Vegetable	
Protein	
Protein	
Starch	
Starch	
Starch	
Oil/Fat	
Oil/Fat	
Oil/Fat	
375-425 Calories	SNACK
Fruit	
Dairy/ Non-Dairy	
Protein	
Oil/Fat	
Other	

Glasses of Water Consumed
(1 glass = 1 cup):

Met Today's Goals:

Exercise:

Notes:

LEVEL VIII • 2500-2700 Calorie // Daily Food Journal

	Day _____ Date _____
350-400 Calories	BREAKFAST
Fruit	
Dairy/ Non-Dairy	
Protein	
Oil/Fat	
Starch	
650-700 calories	LUNCH
Vegetable	
Vegetable	
Protein	
Protein	
Starch	
Starch	
Starch	
Oil/Fat	
Oil/Fat	
Oil/ Fat	
350-400 calories	SNACK
Fruit	
Dairy/ Non-Dairy	
Protein	
Oil/Fat	
Starch	
650-700 calories	DINNER
Vegetable	
Vegetable	
Protein	
Protein	
Starch	
Starch	
Starch	
Oil/Fat	
Oil/Fat	
Oil/Fat	
450-500 Calories	SNACK
Fruit	
Dairy/ Non-Dairy	
Protein	
Oil/Fat	
Starch	
Other	

Glasses of Water Consumed
(1 glass = 1 cup):

Met Today's Goals:

Exercise:

Notes:
