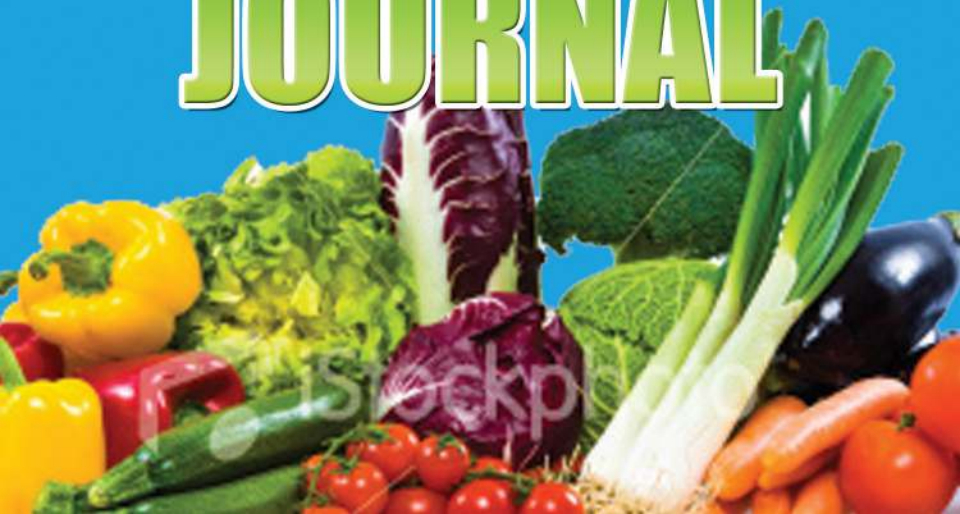




FOOD JOURNAL



DAILY FOOD JOURNAL

Use this handy journal to record your food intake and pH each day. Take a few moments to note how each food makes you feel. Check in with yourself about an hour or two after each meal. Do you have more energy, or do you feel sleepy? Is your mind clear or confused? Are you still satisfied or hungry? Follow up on meals that make you feel energized, clear headed, and satisfied. Are they more alkaline? Try to eat more of those foods. If you feel hungry, cranky, tired or lethargic an hour or two after eating, try other foods – those foods are not satisfying for you.

Feel free to make additional copies of these pages if you need to do so.

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My pH today is: _____

Breakfast

What I ate: _____

How I felt: _____

Lunch

What I ate: _____

How I felt: _____

DAILY FOOD JOURNAL

Dinner

What I ate: _____

How I felt: _____

Snacks

What I ate: _____

How I felt: _____

Alkaline Water – how much did I drink? _____



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Alkaline Lifestyle Food Journal

By the Editors, Staff, and Experts at AlkalineLifestyle.com

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LIFESTYLE

