

Today  
is a  
new  
day

I CAN  
& I WILL

Small  
steps  
every  
day

TRUST  
\*the\*  
PROCESS

You got  
this!

Date :

## Daily Food Journal

Weight:

| Time | Food | Protein | Carbs | Fat | Calories |
|------|------|---------|-------|-----|----------|
|      |      |         |       |     |          |
|      |      |         |       |     |          |
|      |      |         |       |     |          |
|      |      |         |       |     |          |
|      |      |         |       |     |          |
|      |      |         |       |     |          |

I can do  
Anything Just keep  
it up I am  
enough

Totals:

Water:  
Eight 8oz Cups  
Every Day



\*\*\* 3-5 Protein Centered Meals Daily \*\*\* Eat Mindfully \*\*\* Take Your Vitamins \*\*\*

NOTES

PROGRESS  
-not-  
Perfection

# Slow Carb Diet Journal The Blokehead Journals

**Jean LeGrand**



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