



Integrative Meal Tracker

Name

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<i>Date</i>							
Breakfast Time:							
Lunch Time:							
Dinner Time:							
Snack(s) Time:							
Water (# of cups/day)							
Notes							



Using a Meal Tracker

A meal tracker, or diet/food diary, can help your practitioner to get a better idea of what you eat over a number of days. This is a way for us to gather some additional information from you and not to make judgment. Please follow the instructions below for proper use:

- Please include the time you ate your meal or snack in each box
- In the columns, write down the type of food you ate or liquid you consumed. Be as specific as you can.
- Don't forget to write down any 'extras' like salad dressing, mayonnaise on your sandwich, etc. Approximate portion size is also helpful.
- Comment on how you felt after eating. For example: full, still hungry, satisfied, tummy ache, bloated, gassy, anxious) in the 'Notes' section.
- Don't change your eating habits while you are keeping your food diary. **Be honest.** Remember, this is just a way for us to learn more about you!
- Keep this form with you and write things down as they happen. Don't rely on your memory at the end of the day.
- If you are unable to print this spreadsheet at home, please ask our front desk team to do so.
- Please add a 'l' to keep track of the amount of water you consume each day. For example: 111 = 3 cups

ADDITIONAL NOTES: