



04 FOOD

Pause and Reflect

What foods do you tend to crave when you are stressed?

How do you think your current eating habits impact your stress levels?

List some whole, unprocessed foods you enjoy:

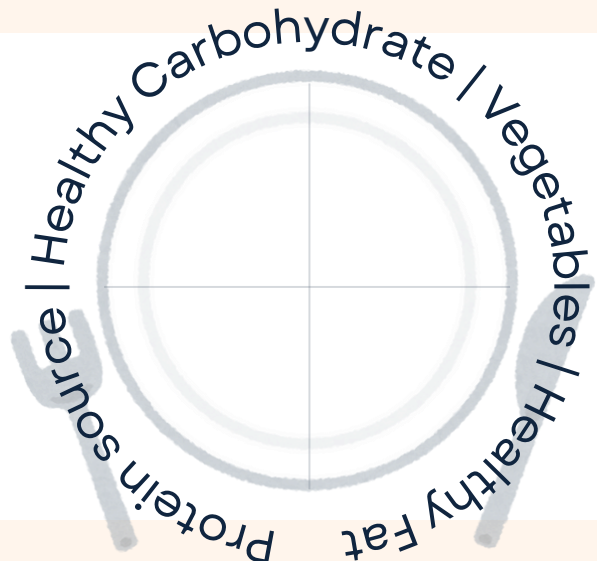
Fruits:

Proteins:

Vegetables:

Whole grains:

Plan a balanced meal incorporating protein, carbohydrates and fats. Use the plate diagram to fill in your meal items.



04 FOOD

Food Journal

Monday

Breakfast

Snack

Lunch

Snack

Dinner

Snack

Hydration
Intake



Tuesday

Breakfast

Snack

Lunch

Snack

Dinner

Snack

Hydration
Intake



04 FOOD

Wednesday

Breakfast

Snack

Lunch

Snack

Dinner

Snack

Hydration
Intake



Thursday

Breakfast

Snack

Lunch

Snack

Dinner

Snack

Hydration
Intake



04 FOOD

Friday

Breakfast

Snack

Lunch

Snack

Dinner

Snack

Hydration
Intake



Saturday

Breakfast

Snack

Lunch

Snack

Dinner

Snack

Hydration
Intake



04 FOOD

Sunday

Breakfast

Snack

Lunch

Snack

Dinner

Snack

Hydration
Intake

