

W= whole food  
R= refined food

Au Naturale Nutrition  
Healthy Whole Foods Challenge, Daily Journal

Day #	Foods eaten today	W/R	Habits (HOW you felt, WHY you ate)
Breakfast, Time: _____			
Lunch, Time: _____			
Dinner, Time: _____			
Snacks, Time(s): _____			
Beverages			
<b>Notes on:</b>			
<u>Mood</u>			
<u>Digestion</u>			
<u>Energy level</u>			
<u>Cravings for refined foods</u>			
<u>Comments/Questions:</u>			

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