

# elimination diet journal

Below is where you will be documenting your daily intake and feelings associated with the food you ate. Below is an example of a daily journal entry. Be mindful of all meals, snacks, and drinks!

## EXAMPLE- DAY 1

Breakfast: Eggs with toast and jam. Orange juice and yogurt. a little bloated, slight cramping

Lunch: Salad with grilled chicken & balsamic dressing no issues

Dinner: 2 slices of pizza tired, stomach pains, more thirsty than normal

## DAY 1

## DAY 2

## DAY 3

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DAY 4

DAY 5

DAY 6

DAY 7