



HOLY ANGEL
UNIVERSITY



FOOD LOG



Day 1

(July 12, 2024)

Healthy Eating Principal

Eating whole grains and fish.



Day 2

(July 13, 2024)

Healthy Eating Principal

Meal is focused on getting enough protein.



Day 3

(July 14, 2024)

Healthy Eating Principal

Avoid processed food



FOOD LOG



Day 4

(July 15, 2024)

Healthy Eating Principal

Cut back on added sugars



Day 5

(July 16, 2024)

Healthy Eating Principal

Prioritizing healthy fats, and fat soluble vitamins

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