High Tri	glycerides Di	iet Trac	ker					
Day 1								
Name: _								
Time	Meal/Snack	Foods Eaten	Portion Size	Calories	Omega- 3 (Y/N)	Fiber (g)	Added Sugars (g)	Notes/Feelings/Any Symptoms
Breakfast								
Snack 1								
Lunch								
Snack 2 Dinner								
Snack 3								
<ul> <li>To</li> <li>Daily Go</li> <li>Avoid spikes</li> <li>Focus health</li> <li>Incre grains</li> </ul>	s. s on Omega ny triglyceride ase Fiber Int s.	anaging ars: Lim 3 Fatty A e levels. ake: Air	Triglyonit intake Acids: In	cerides:  of foods velude fish  h fiber foo	like salmo	on, chia uits, veg	seeds, or	revent blood sugar walnuts to support legumes, and whole and limit saturated
• M • E	or Today: lood/Feelings nergy Levels ymptoms:	:						

Breakfast Snack 1 Lunch Snack 2 Dinner Snack 3  Daily Total:  Total	Ieal/Snack	Foods Eaten	Portion Size	Calories	Omega- 3 (Y/N)	Fiber (g)	Added Sugars (g)	Notes/Feelings/Any Symptoms
Time Me  Breakfast Snack 1 Lunch Snack 2 Dinner Snack 3  Daily Total:  Total	feal/Snack  cal Calories al Omega-	Foods Eaten	Portion Size	Calories			Sugars	
Breakfast Snack 1 Lunch Snack 2 Dinner Snack 3  Daily Total:  Total	: al Calories al Omega- al Fiber (g	Eaten  3 (Y/N):	Size				Sugars	
Snack 1 Lunch Snack 2 Dinner Snack 3  Daily Total:  Total	al Calories al Omega- al Fiber (g	3 (Y/N): ):	<b>:</b>				(5)	
Daily Total:  Total	al Calories al Omega- al Fiber (g	3 (Y/N): ):	<b>:</b>					
Daily Total:  Total	al Calories al Omega- al Fiber (g	3 (Y/N): ):	<b>:</b>					
Daily Total:  Total	al Calories al Omega- al Fiber (g	3 (Y/N): ):	<b>:</b>					
Daily Total:  Total	al Calories al Omega- al Fiber (g	3 (Y/N): ):	<b>:</b>					
Daily Total:  Total	al Calories al Omega- al Fiber (g	3 (Y/N): ):	<b>:</b>					
<ul> <li>Total</li> <li>Total</li> <li>Total</li> <li>Total</li> </ul> Daily Goals <ul> <li>Avoid Adspikes.</li> <li>Focus on healthy tr</li> <li>Increase grains.</li> <li>Choose Healthy</li> </ul>	al Calories al Omega- al Fiber (g	3 (Y/N): ):	<b>:</b>					
fats.	Added Sug n Omega- triglyceride e Fiber In	ars: Lim 3 Fatty A e levels. take: Air	nit intake  Acids: In  m for hig	of foods viclude fish	like salmo	on, chia uits, veg	seeds, or	orevent blood sugar r walnuts to support legumes, and whole s) and limit saturated
	Today:							
• Symp	od/Feeling rgy Levels							

Time  Time  Breakfast Snack 1 Lunch Snack 2 Dinner Snack 3  Daily Tota  Tot Tot	al: tal Calories tal Omega-3 tal Fiber (g) tal Added S	Foods Eaten  :	Portion Size	Calories	Omega- 3 (Y/N)	Fiber (g)	Added Sugars (g)	Notes/Feelings/Any Symptoms
Time  Time  Breakfast Snack 1 Lunch Snack 2 Dinner Snack 3  Daily Tota  Tot Tot Tot	Meal/Snack  al:  tal Calories tal Omega-3 tal Fiber (g) tal Added S	Foods Eaten  :	Portion Size	Calories			Sugars	
Breakfast Snack 1 Lunch Snack 2 Dinner Snack 3  Daily Tota  Tot Tot Tot	al: tal Calories tal Omega-3 tal Fiber (g) tal Added S	Eaten  3 (Y/N): clugars (g	Size g):				Sugars	
Snack 1 Lunch Snack 2 Dinner Snack 3  Daily Tota  Tot Tot Tot Tot	tal Calories tal Omega-3 tal Fiber (g) tal Added S	3 (Y/N): :: Sugars (g	g):				(6)	
Lunch Snack 2 Dinner Snack 3  Daily Tota  Tot Tot Tot Tot	tal Calories tal Omega-3 tal Fiber (g) tal Added S	3 (Y/N): :: Sugars (g	g):					
Snack 2 Dinner Snack 3  Daily Tota  Tot Tot Tot Tot	tal Calories tal Omega-3 tal Fiber (g) tal Added S	3 (Y/N): :: Sugars (g	g):					
Dinner Snack 3  Daily Tota  Tot Tot Tot Tot	tal Calories tal Omega-3 tal Fiber (g) tal Added S	3 (Y/N): :: Sugars (g	g):					
Daily Tota  Tot Tot Tot Tot	tal Calories tal Omega-3 tal Fiber (g) tal Added S	3 (Y/N): :: Sugars (g	g):					
Daily Tota     Tot     Tot     Tot     Tot	tal Calories tal Omega-3 tal Fiber (g) tal Added S	3 (Y/N): :: Sugars (g	g):					
<ul><li> Tot</li><li> Tot</li><li> Tot</li><li> Tot</li></ul>	tal Calories tal Omega-3 tal Fiber (g) tal Added S	3 (Y/N): :: Sugars (g	g):					
spikes. Focus of healthy Increase grains.	Added Suga on Omega-3 y triglyceride se Fiber Int	ars: Lim  3 Fatty A  e levels.  take: Air	nit intake  Acids: In  m for hig	of foods vacuude fish	like salmo	on, chia uits, veg	seeds, or	orevent blood sugar r walnuts to support legumes, and whole s) and limit saturated
	r Today: ood/Feelings ergy Levels							
• Syr	mptoms:							

	Meal/Snack			<u> </u>				
Date:				<del></del> -				
Time	Meal/Snack	Foods						
		Eaten	Portion Size	Calories	Omega- 3 (Y/N)	Fiber (g)	Added Sugars (g)	Notes/Feelings/Ang Symptoms
Breakfast							\8/	
Snack 1								
Lunch								
Snack 2								
Dinner								
Snack 3								
<ul><li>Avoid spike.</li><li>Focus health</li><li>Incre grains</li></ul>	s. s on Omega-; ny triglyceride ease Fiber Int s.	ars: Lim  3 Fatty . e levels. eake: Ai	nit intake  Acids: In  m for hig	of foods velude fish	like salmo	on, chia uits, veg	seeds, or	revent blood sugar walnuts to support legumes, and whole and limit saturated
fats.  Notes for	or Today:							
• E	Iood/Feelings nergy Levels ymptoms:	:						

Day 5								
Name:								
				<del></del> -				
Time	Meal/Snack	Foods Eaten	Portion Size	Calories	Omega- 3 (Y/N)	Fiber (g)	Added Sugars (g)	Notes/Feelings/Any Symptoms
Breakfast							(8)	
Snack 1								
Lunch								
Snack 2								
Dinner Snack 3								
• T	otal Calories otal Omega-3 otal Fiber (g) otal Added S	3 (Y/N): ):						
<ul> <li>Avoid spikes</li> <li>Focus health</li> <li>Incre grains</li> </ul>	s. s on Omega ny triglyceride ease Fiber Int s.	ars: Lim  3 Fatty . e levels. eake: Ai	nit intake  Acids: In  m for hig	of foods velude fish	like salmo	on, chia uits, veg	seeds, or	orevent blood sugar r walnuts to support legumes, and whole s) and limit saturated
• M • E	or Today: Iood/Feelings nergy Levels ymptoms:	:						

Date:								
Time				<del></del>				
	Meal/Snack	Foods Eaten	Portion Size	Calories	Omega- 3 (Y/N)	Fiber (g)	Added Sugars (g)	Notes/Feelings/Any Symptoms
Breakfast							\8/	
Snack 1								
Lunch								
Snack 2								
Dinner								
Snack 3								
<ul> <li>Avoid spikes</li> <li>Focus health</li> <li>Incre grains</li> </ul>	s. s on Omega ny triglyceride ease Fiber Int s.	ars: Lim  3 Fatty . e levels. eake: Ai	nit intake  Acids: In  m for hig	of foods velude fish	like salmo	on, chia uits, veg	seeds, or	orevent blood sugar r walnuts to support legumes, and whole s) and limit saturated
fats.		······ - F			( )	,		,,
Notes fo	or Today: Iood/Feelings	. A.C	<b>K</b> 1					

Name:								
I TOTALLO								
				-				
Time	Meal/Snack	Foods Eaten	Portion Size	Calories	Omega- 3 (Y/N)	Fiber (g)	Added Sugars (g)	Notes/Feelings/Any Symptoms
Breakfast							\8/	
Snack 1								
Lunch								
Snack 2								
Dinner								
Snack 3								
·	_	ars: Lin	nit intake	of foods v				revent blood sugar
<ul><li>spikes</li><li>Focus health</li><li>Incre grains</li></ul>	s on Omega- ny triglyceride ase Fiber Int s.	e levels. cake: Ai	m for hig	h fiber fo	ods like fr	uits, veg	getables,	e walnuts to support legumes, and whole s) and limit saturated

Day 8								
Name:								
Date:				-				
Time	Meal/Snack	Foods Eaten	Portion Size	Calories	Omega- 3 (Y/N)	Fiber (g)	Added Sugars (g)	Notes/Feelings/Any Symptoms
Breakfast							\8/	
Snack 1								
Lunch								
Snack 2								
Dinner Snack 3								
mack 5				L	1			
<ul> <li>Avoid spike</li> <li>Focu health</li> <li>Increase grains</li> </ul>	s. s on Omega ny triglyceride ase Fiber Int s.	ars: Lin  3 Fatty e levels. take: Ai	nit intake  Acids: In  m for hig	of foods velude fish	ı like salmı ods like fr	on, chia	seeds, or	orevent blood sugar r walnuts to support legumes, and whole s) and limit saturated
	or Today:	s After N	Maale•					

Day 9								
Name:								
				<del></del> -				
Time	Meal/Snack	Foods Eaten	Portion Size	Calories	Omega- 3 (Y/N)	Fiber (g)	Added Sugars (g)	Notes/Feelings/Any Symptoms
Breakfast							(8)	
Snack 1								
Lunch								
Snack 2								
Dinner								
Snack 3								
<ul> <li>Avoid spikes</li> <li>Focus health</li> <li>Incre grains</li> <li>Choo</li> </ul>	s. s on Omega ny triglyceride ase Fiber Int	ars: Lim  3 Fatty . e levels. take: Ai	nit intake  Acids: In  m for hig	of foods velude fish	like salmo	on, chia uits, veg	seeds, or	revent blood sugar walnuts to support legumes, and whole s) and limit saturated
<ul> <li>Avoid spikes</li> <li>Focus health</li> <li>Incre grains</li> </ul>	d Added Sugas.  s on Omega- y triglyceride ase Fiber Int	ars: Lim  3 Fatty . e levels. take: Ai	nit intake  Acids: In  m for hig	of foods velude fish	like salmo	on, chia uits, veg	seeds, or	walnuts to support
Avoid spikes Focus health Incre grains Choo fats.	d Added Sugas.  s on Omega- y triglyceride ase Fiber Int	ars: Lim  3 Fatty . e levels. take: Ai	nit intake  Acids: In  m for hig	of foods velude fish	like salmo	on, chia uits, veg	seeds, or	walnuts to support legumes, and whole
Avoid spikes Focus health Incre grains Choo fats.	d Added Sugas.  s on Omega-Say triglyceride ase Fiber Interest. s. se Healthy F	ars: Lim 3 Fatty / e levels. take: Ai	Acids: In m for hig	of foods velude fish h fiber foo	like salme	on, chia uits, veg live oil,	seeds, or getables, lavocados	walnuts to support
Avoid spikes Focus health Incre grains Choo fats.	d Added Sugas.  s on Omegas.  y triglyceride ase Fiber Int s. se Healthy F  or Today:	ars: Lim 3 Fatty 2 2 levels. take: Ai ats: Opt	Acids: In m for hig for mono	of foods velude fish h fiber foo	like salme	on, chia uits, veg live oil,	seeds, or getables, lavocados	walnuts to support
<ul> <li>Avoid spikes</li> <li>Focus health</li> <li>Incre grains</li> <li>Choo fats.</li> </ul> Notes fo <ul> <li>M</li> <li>E</li> </ul>	d Added Sugas.  s on Omega-factorized on Added Sugar S	ars: Lim 3 Fatty / 2 levels. take: Ai ats: Opt	Acids: In m for hig for mono	of foods vectors of the constant of the consta	like salmo	on, chia uits, veg live oil,	seeds, or getables, lavocados	walnuts to support legumes, and whole

Name:								
Date:				<del></del> -				
Time	Meal/Snack	Foods Eaten	Portion Size	Calories	Omega- 3 (Y/N)	Fiber (g)	Added Sugars (g)	Notes/Feelings/Any Symptoms
Breakfast							(8 <i>)</i>	
Snack 1								
Lunch								
Snack 2								
Dinner								
Snack 3								
• 1	otal Added S	ugars (g	g):					
<ul> <li>Daily G</li> <li>Avoid spikes</li> <li>Focus health</li> <li>Incre grains</li> </ul>	oals for Madded Sugas.  s on Omega-say triglyceride ase Fiber Interest.	ars: Lim  3 Fatty Are levels.	Triglyonit intake Acids: In	cerides:  of foods velude fish  h fiber foo	like salmo	on, chia uits, veg	seeds, or	revent blood sugar walnuts to support legumes, and whole and limit saturate

	Meal/Snack				Omega-	Fiber	Added	Notes/Feelings/An
Time Breakfast Snack 1 Lunch Snack 2		Foods	Portion	-		Fiber	Added	Notes/Feelings/An
Breakfast Snack 1 Lunch Snack 2	Meal/Snack			Calories		Fiber	Added	Notes/Feelings/An
Snack 1 Lunch Snack 2					3 (Y/N)	(g)	Sugars (g)	Symptoms
Lunch Snack 2							(8)	
Snack 2								
Dinner								
Snack 3								
<ul> <li>Avoid spikes</li> <li>Focus health</li> <li>Incre grains</li> </ul>	s. s on Omega-3 ny triglyceride ase Fiber Int s.	ars: Lim 3 Fatty 2 levels. ake: Ai	nit intake  Acids: In  m for hig	of foods velude fish	like salmo	on, chia uits, veg	seeds, or	revent blood sugar walnuts to support egumes, and whole and limit saturate
fats.  Notes fo	or Today:							
• M	Iood/Feelings		AT 1					

Meal/Snack  al: tal Calories tal Omega- tal Fiber (g) tal Added S	Foods Eaten  3 (Y/N):	Portion Size	Calories	Omega- 3 (Y/N)	Fiber (g)	Added Sugars (g)	Notes/Feelings/An Symptoms
Meal/Snack  al: tal Calories tal Omega-, tal Fiber (g) tal Added S	Foods Eaten  3 (Y/N):	Portion Size	Calories	0		Sugars	
al: tal Calories tal Omega-; tal Fiber (g) tal Added S	Eaten  3 (Y/N):	Size		0		Sugars	
tal Calories tal Omega- tal Fiber (g) tal Added S	3 (Y/N): ):	:				(5)	
tal Calories tal Omega- tal Fiber (g) tal Added S	3 (Y/N): ):	:					
tal Calories tal Omega- tal Fiber (g) tal Added S	3 (Y/N): ):	:					
tal Calories tal Omega- tal Fiber (g) tal Added S	3 (Y/N): ):	:					
tal Calories tal Omega- tal Fiber (g) tal Added S	3 (Y/N): ):	:					
tal Calories tal Omega- tal Fiber (g) tal Added S	3 (Y/N): ):	:					
tal Calories tal Omega- tal Fiber (g) tal Added S	3 (Y/N): ):	:					
Added Sug on Omega- triglyceride se Fiber Int	ars: Lin  3 Fatty e levels. take: Ai	Acids: In	of foods vacuude fish	like salmo	on, chia uits, veg	seeds, or	legumes, and whole
Today:	s Aftor I	Meals:					
e l	riglyceride Fiber In Healthy F	riglyceride levels. Fiber Intake: Ai Healthy Fats: Opt	riglyceride levels. Fiber Intake: Aim for hig Healthy Fats: Opt for mon  Today:  d/Feelings After Meals:	riglyceride levels. Fiber Intake: Aim for high fiber for Healthy Fats: Opt for monounsatura  Foday:  d/Feelings After Meals:	riglyceride levels. Fiber Intake: Aim for high fiber foods like fr Healthy Fats: Opt for monounsaturated fats (of Today: d/Feelings After Meals:	riglyceride levels.  Fiber Intake: Aim for high fiber foods like fruits, veg  Healthy Fats: Opt for monounsaturated fats (olive oil,  Today:	Fiber Intake: Aim for high fiber foods like fruits, vegetables, healthy Fats: Opt for monounsaturated fats (olive oil, avocados Foday:  d/Feelings After Meals:

Day 13								
Name:								
Time	Meal/Snack	Foods Eaten	Portion Size	Calories	Omega- 3 (Y/N)	Fiber (g)	Added Sugars (g)	Notes/Feelings/Ang Symptoms
Breakfast							\8/	
Snack 1								
Lunch								
Snack 2								
Dinner								
Snack 3								
<ul> <li>Avoid spikes</li> <li>Focus health</li> <li>Incre grains</li> </ul>	s. s on Omega-3 y triglyceride ase Fiber Int	ars: Lim 3 Fatty e levels. cake: Ai	nit intake  Acids: In  m for hig	of foods velude fish	like salmo	on, chia uits, veg	seeds, or	orevent blood sugar r walnuts to support legumes, and whole s) and limit saturated
• M • E	or Today: lood/Feelings nergy Levels	:						
	ymptoms:							

Meal/Snack  Meal/Snack  al:  tal Calories: tal Omega-3 tal Fiber (g) tal Added S	Foods Eaten	Portion Size	Calories	Omega- 3 (Y/N)	Fiber (g)	Added Sugars (g)	Notes/Feelings/Ar Symptoms
Meal/Snack  Al: tal Calories tal Omega-3 tal Fiber (g)	Foods Eaten	Portion Size	Calories			Sugars	
al: tal Calories: tal Omega-3 tal Fiber (g)	Eaten  :	Size				Sugars	
tal Calories: tal Omega-3 tal Fiber (g)	3 (Y/N):					(6)	
tal Calories: tal Omega-3 tal Fiber (g)	3 (Y/N):						
tal Calories: tal Omega-3 tal Fiber (g)	3 (Y/N):						
tal Calories: tal Omega-3 tal Fiber (g)	3 (Y/N):						
tal Calories: tal Omega-3 tal Fiber (g)	3 (Y/N):						
tal Calories: tal Omega-3 tal Fiber (g)	3 (Y/N):						
tal Calories: tal Omega-3 tal Fiber (g)	3 (Y/N):						
Added Suga on Omega-3 triglyceride se Fiber Int	ars: Lim  3 Fatty A  e levels.  ake: Ai	nit intake  Acids: In  m for hig	of foods velude fish	like salmo	on, chia uits, veg	seeds, or	walnuts to suppor
e Heattily To	<b>ats.</b> Opt	TOT MORE	Junsatura	led fats (of		avocados	) and mine saturate
·							
	Added Sugaron Omega-3 triglyceride se Fiber Interest Healthy Factoring	Added Sugars: Limon Omega-3 Fatty of triglyceride levels. se Fiber Intake: Aire Healthy Fats: Optor	Added Sugars: Limit intake on Omega-3 Fatty Acids: In triglyceride levels. se Fiber Intake: Aim for hig e Healthy Fats: Opt for mone	on Omega-3 Fatty Acids: Include fish a triglyceride levels. se Fiber Intake: Aim for high fiber for the Healthy Fats: Opt for monounsaturate. Today:	Added Sugars: Limit intake of foods with high a on Omega-3 Fatty Acids: Include fish like salmed triglyceride levels. se Fiber Intake: Aim for high fiber foods like from the Healthy Fats: Opt for monounsaturated fats (of Today:	Added Sugars: Limit intake of foods with high added sugars on Omega-3 Fatty Acids: Include fish like salmon, chia triglyceride levels.  se Fiber Intake: Aim for high fiber foods like fruits, vege Healthy Fats: Opt for monounsaturated fats (olive oil, Today:	Added Sugars: Limit intake of foods with high added sugars to p on Omega-3 Fatty Acids: Include fish like salmon, chia seeds, or triglyceride levels. se Fiber Intake: Aim for high fiber foods like fruits, vegetables, le Healthy Fats: Opt for monounsaturated fats (olive oil, avocados

Day 15								
Name:								
Time	Meal/Snack	Foods Eaten	Portion Size	Calories	Omega- 3 (Y/N)	Fiber (g)	Added Sugars (g)	Notes/Feelings/An Symptoms
Breakfast							(6)	
Snack 1								
Lunch								
Snack 2								
Dinner								
Snack 3								
<ul> <li>Avoid spikes</li> <li>Focus health</li> <li>Increasing</li> </ul>	s. s on Omega-3 y triglyceride ase Fiber Int	ars: Lim 3 Fatty e levels. cake: Ai	nit intake  Acids: In  m for hig	of foods velude fish	like salmo	on, chia	seeds, or	orevent blood sugar r walnuts to support legumes, and whole
• Choo	se Healthy F	ats: Opt	tor mone	ounsaturat	ted fats (o	live oil,	avocados	s) and limit saturated
• M • Eı	or Today: lood/Feelings nergy Levels	:						
• 53	mptoms:							

<b>Day 16</b>								
Name:								
Time	Meal/Snack	Foods Eaten	Portion Size	Calories	Omega- 3 (Y/N)	Fiber (g)	Added Sugars (g)	Notes/Feelings/An Symptoms
Breakfast							\8/	
Snack 1								
Lunch								
Snack 2								
Dinner								
Snack 3								
<ul><li>Avoid spikes</li><li>Focus health</li></ul>	s. s on Omega-a ny triglyceride ase Fiber Int	ars: Lin  3 Fatty  e levels.	nit intake  Acids: In  m for hig	of foods velude fish	like salmo	on, chia uits, veg	seeds, or	r walnuts to support legumes, and whole
grains		_		4 4				
grains	se Healthy F	ats: Opt	for mone	ounsatura	ted fats (of	ive 011,	avocados	s) and limit saturate

Name:								
Time	Meal/Snack	Foods Eaten	Portion Size	Calories	Omega- 3 (Y/N)	Fiber (g)	Added Sugars (g)	Notes/Feelings/Ar Symptoms
Breakfast							(8)	
Snack 1								
Lunch								
Snack 2								
Dinner								
Snack 3								
<ul> <li>Avoid spike</li> <li>Focus health</li> <li>Incre grains</li> </ul>	s. s on Omega-; ny triglyceride ease Fiber Int s.	ars: Lim 3 Fatty e levels. eake: Ai	nit intake  Acids: In  m for hig	of foods velude fish	like salmo	on, chia uits, veg	seeds, or	revent blood sugar walnuts to suppor legumes, and whole
<ul> <li>Avoid spike</li> <li>Focus health</li> <li>Incre grains</li> <li>Choo fats.</li> </ul>	d Added Sug s. s on Omega-A ny triglyceride ease Fiber Int s.	ars: Lim 3 Fatty e levels. eake: Ai	nit intake  Acids: In  m for hig	of foods velude fish	like salmo	on, chia uits, veg	seeds, or	r walnuts to suppor

Name:								
Date:				-				
Time	Meal/Snack	Foods Eaten	Portion Size	Calories	Omega- 3 (Y/N)	Fiber (g)	Added Sugars (g)	Notes/Feelings/Ang Symptoms
Breakfast							(6)	
Snack 1								
Lunch								
Snack 2								
Dinner								
Snack 3								
<ul> <li>Avoid spikes</li> <li>Focus health</li> <li>Incre grains</li> <li>Choo</li> </ul>	s. s on Omega-3 ny triglyceride ease Fiber Int s.	ars: Lim  3 Fatty . e levels. take: Ai	nit intake  Acids: In  m for hig	of foods velude fish	like salmo	on, chia uits, veg	seeds, or	revent blood sugar walnuts to support legumes, and whole s) and limit saturated
fats.	·	1			`	,		
• M	or Today: Iood/Feelings nergy Levels							

NT.								
Name: _								
Time	Meal/Snack	Foods Eaten	Portion Size	Calories	Omega- 3 (Y/N)	Fiber (g)	Added Sugars (g)	Notes/Feelings/Ar Symptoms
Breakfast							\8/	
Snack 1								
Lunch								
Snack 2								
Dinner								
Snack 3								
·	oals for Ma				with high a	ıdded sı	igars to p	revent blood sugar
spikes Focus health Incre grains	s on Omega- ny triglyceride ase Fiber Int s.	e levels. t <b>ake:</b> Ai	m for hig	h fiber foo	ods like fr	uits, veg	getables, l	walnuts to suppor
<ul><li>spikes</li><li>Focus health</li><li>Incre grains</li></ul>	s on Omega- ny triglyceride ase Fiber Int s.	e levels. t <b>ake:</b> Ai	m for hig	h fiber foo	ods like fr	uits, veg	getables, l	legumes, and whol
spikes Focus health Incre grains Choo fats.  Notes fo	s on Omega- ny triglyceride ase Fiber Int s.	e levels. take: Ai tats: Opt	m for hig	h fiber foo	ods like fro	iits, veg	getables, l	

Name:								
Date:				-				
Time	Meal/Snack	Foods Eaten	Portion Size	Calories	Omega- 3 (Y/N)	Fiber (g)	Added Sugars (g)	Notes/Feelings/Any Symptoms
Breakfast							(8)	
Snack 1								
Lunch								
Snack 2								
Dinner								
Snack 3								
• 1	otal Added S	ugars (g	g):					
<ul> <li>Daily G</li> <li>Avoid spikes</li> <li>Focus health</li> <li>Incre grains</li> </ul>	oals for Madded Sugas.  s on Omega-say triglyceride ase Fiber Interest.	ars: Lim  3 Fatty Are levels.	Triglyonit intake Acids: In	cerides:  of foods velude fish  h fiber foo	like salmo	on, chia uits, veg	seeds, or	revent blood sugar walnuts to support legumes, and whole s) and limit saturated

	Meal/Snack			-				
Date:		Foods		-				
	Meal/Snack		Portion	Calarias				
Breakfast			Size	Calories	Omega- 3 (Y/N)	Fiber (g)	Added Sugars (g)	Notes/Feelings/An Symptoms
							(8)	
Snack 1								
Lunch								
Snack 2								
Dinner								
Snack 3								
<ul> <li>Avoid spike</li> <li>Focut health</li> <li>Increase grains</li> </ul>	s. s on Omega-; ny triglyceride ease Fiber Int s.	ars: Lim 3 Fatty e levels. cake: Ai	nit intake  Acids: In  m for hig	of foods velude fish	like salmo	on, chia uits, veg	seeds, or	revent blood sugar walnuts to support egumes, and whole and limit saturate
fats.								
	or Today: Iood/Feelings	, A £4 T	Mosla:					

<b>Day 23</b>								
Name:								
Time	Meal/Snack	Foods Eaten	Portion Size	Calories	Omega- 3 (Y/N)	Fiber (g)	Added Sugars (g)	Notes/Feelings/An Symptoms
Breakfast							\8/	
Snack 1								
Lunch								
Snack 2								
Dinner								
Snack 3								
<ul> <li>Avoid spikes</li> <li>Focus health</li> <li>Incre grains</li> </ul>	s. s on Omega ny triglyceride ase Fiber Int s.	ars: Lim 3 Fatty e levels. cake: Ai	nit intake  Acids: In  m for hig	of foods viclude fish	like salmo	on, chia uits, veş	seeds, or	orevent blood sugar r walnuts to support legumes, and whole s) and limit saturate
• M • E	or Today: lood/Feelings nergy Levels	:						
• Sy	ymptoms:							

<b>Day 24</b>								
Name:								
Time	Meal/Snack	Foods Eaten	Portion Size	Calories	Omega- 3 (Y/N)	Fiber (g)	Added Sugars (g)	Notes/Feelings/An Symptoms
Breakfast							(g)	
Snack 1								
Lunch								
Snack 2								
Dinner								
Snack 3								
<ul> <li>Avoid spikes</li> <li>Focus health</li> <li>Incre grains</li> </ul>	s. s on Omega ny triglyceride ase Fiber Int s.	ars: Lim 3 Fatty 2 levels. cake: Ai	nit intake  Acids: In  m for hig	of foods viclude fish	like salmo	on, chia uits, veş	seeds, or	orevent blood sugar r walnuts to suppor legumes, and whole s) and limit saturate
fats.		<b></b>			Tuts (o.			o, una mino sucarace
• M • E	or Today: lood/Feelings nergy Levels	:						
• Sy	ymptoms:							

Name:								
Time	Meal/Snack	Foods Eaten	Portion Size	Calories	Omega- 3 (Y/N)	Fiber (g)	Added Sugars (g)	Notes/Feelings/An Symptoms
Breakfast							\8/	
Snack 1								
Lunch								
Snack 2								
Dinner Snack 3								
			l			I		
		ugars (	g):					
<ul> <li>Avoid spikes</li> <li>Focus health</li> <li>Incre grains</li> </ul>	oals for Ma d Added Suga s. s on Omega-s ny triglyceride ase Fiber Int	naging ars: Lim 3 Fatty e levels. ake: Ai	Triglyonit intake Acids: In m for hig	cerides: of foods v clude fish h fiber foo	like salmo	on, chia uits, veg	seeds, or	orevent blood sugar r walnuts to support legumes, and whole s) and limit saturate

Name:								
Date:				-				
Time	Meal/Snack	Foods Eaten	Portion Size	Calories	Omega- 3 (Y/N)	Fiber (g)	Added Sugars (g)	Notes/Feelings/Any Symptoms
Breakfast							(8)	
Snack 1								
Lunch								
Snack 2								
Dinner								
Snack 3								
• T	otal Added S		g):					
Daily G  Avoid spike Focus health Incre grains	otal Added Sound Added Sugars. Son Omega-Sony triglyceride tase Fiber Inters.	anaging ars: Lim 3 Fatty A e levels. cake: Ai	Triglyonit intake Acids: In	cerides:  of foods velude fish  h fiber foo	like salmo	on, chia uits, veg	seeds, or	revent blood sugar walnuts to support legumes, and whole and limit saturated

Name:								
Time	Meal/Snack	Foods Eaten	Portion Size	Calories	Omega- 3 (Y/N)	Fiber (g)	Added Sugars (g)	Notes/Feelings/Ang Symptoms
Breakfast							(8)	
Snack 1								
Lunch								
Snack 2								
Dinner								
Snack 3								
• 1	otal Added S		g):					
<ul> <li>Daily G</li> <li>Avoid spikes</li> <li>Focus health</li> <li>Incre grains</li> </ul>	oals for Madded Sugas.  s on Omega-say triglyceride ase Fiber Interest.	anaging ars: Lim 3 Fatty A e levels. cake: Ai	Triglyonit intake Acids: In	cerides:  of foods velude fish  h fiber foo	like salmo	on, chia uits, veg	seeds, or	revent blood sugar walnuts to support legumes, and whole s) and limit saturated

Breakfast Snack 1 Lunch Snack 2 Dinner Snack 3  Daily Total:  Total	Meal/Snack  al Calories  al Omega-  cal Fiber (geal Added S	Foods Eaten  S: 3 (Y/N): Sugars (samaging	Portion Size	Calories	Omega- 3 (Y/N)	Fiber (g)	Added Sugars (g)	Notes/Feelings/An Symptoms
Time Mo  Breakfast Snack 1 Lunch Snack 2 Dinner Snack 3  Daily Total:  Total Total Total Total Total Focus on healthy tr	Meal/Snack  al Calories  al Omega-  cal Fiber (geal Added S	Foods Eaten  S: 3 (Y/N): Sugars (s	Portion Size	Calories			Sugars	
Breakfast Snack 1 Lunch Snack 2 Dinner Snack 3  Daily Total:  Total Total Total Total Total Focus on healthy tr	al Calories al Omega- al Fiber (g al Added S	Eaten  S: 3 (Y/N): Sugars (granaging	Size				Sugars	
Snack 1 Lunch Snack 2 Dinner Snack 3  Daily Total:  Total Total Total Total Avoid Acspikes. Focus on healthy tr	cal Calories cal Omega- cal Fiber (g cal Added S	3 (Y/N):  Sugars (	g):				\B/	
Lunch Snack 2 Dinner Snack 3  Daily Total:  Total Total Total Total Avoid Acspikes. Focus on healthy tr	cal Calories cal Omega- cal Fiber (g cal Added S	3 (Y/N):  Sugars (	g):					
Snack 2 Dinner Snack 3  Daily Total:  Total Total Total Total Avoid Acspikes. Focus on healthy tr	cal Calories cal Omega- cal Fiber (g cal Added S	3 (Y/N):  Sugars (	g):					
Daily Total:  Total Total Total Total Total Avoid Acspikes. Focus on healthy tr	cal Calories cal Omega- cal Fiber (g cal Added S	3 (Y/N):  Sugars (	g):					
Daily Total:  Total Total Total Total Total Avoid Acspikes. Focus on healthy tr	cal Calories cal Omega- cal Fiber (g cal Added S	3 (Y/N):  Sugars (	g):					
Daily Total:  Total Total Total Total  Avoid Acspikes. Focus on healthy tr	cal Calories cal Omega- cal Fiber (g cal Added S	3 (Y/N):  Sugars (	g):					
<ul> <li>Total</li> <li>Total</li> <li>Total</li> <li>Total</li> </ul> Daily Goals <ul> <li>Avoid Acspikes</li> <li>Focus on healthy tr</li> </ul>	cal Calories cal Omega- cal Fiber (g cal Added S	3 (Y/N):  Sugars (	g):					
grains.  Choose F	on Omega- triglycerid se Fiber In	•3 Fatty e levels. take: Ai	Acids: In	clude fish	like salmo	on, chia uits, veg	seeds, or	orevent blood sugar r walnuts to support legumes, and whole s) and limit saturate
fats.  Notes for T								
<ul><li>Mood</li><li>Energ</li><li>Symp</li></ul>	1/15 **	10.	A # 1					

Time Breakfast Snack 1 Lunch Snack 2 Dinner Snack 3  Daily Total	tal Calories:				Omega- 3 (Y/N)	Fiber (g)	Added Sugars (g)	Notes/Feelings/An Symptoms
Time  Breakfast Snack 1 Lunch Snack 2 Dinner Snack 3  Daily Tota  To	Meal/Snack  al:	Foods	Portion	-			Sugars	
Breakfast Snack 1 Lunch Snack 2 Dinner Snack 3  Daily Tota  To	al: tal Calories:			Calories			Sugars	
Snack 1 Lunch Snack 2 Dinner Snack 3  Daily Tota  To	tal Calories:						\8/	
Lunch Snack 2 Dinner Snack 3  Daily Tota  To	tal Calories:							
Snack 2 Dinner Snack 3  Daily Tota  To To	tal Calories:							
Dinner Snack 3  Daily Tota  To To	tal Calories:							
Daily Tota  To  To	tal Calories:							
Daily Tota  To  To	tal Calories:							
<ul><li>To</li><li>To</li></ul>	tal Calories:							
<ul> <li>Avoid spikes.</li> <li>Focus healthy</li> <li>Increa grains.</li> </ul>	on Omega-3 y triglyceride se Fiber Int	ars: Lim  3 Fatty  levels.  ake: Ai	nit intake  Acids: In  m for hig	of foods velude fish	like salmo	on, chia uits, veg	seeds, or	revent blood sugar walnuts to support legumes, and whole and limit saturate
fats.  Notes for	· Today:	After I	Moole.					
• Ma	JUU/I CCHIIZS							

Day 30								
Name:								
				-				
Time	Meal/Snack	Foods Eaten	Portion Size	Calories	Omega- 3 (Y/N)	Fiber (g)	Added Sugars (g)	Notes/Feelings/Ang Symptoms
Breakfast							\8/	
Snack 1								
Lunch								
Snack 2								
Dinner Snack 3								
				1		l		
<ul> <li>Avoid spike</li> <li>Focu health</li> <li>Increase grains</li> </ul>	s. s on Omega-3 ny triglyceride ease Fiber Int s.	ars: Lin  3 Fatty e levels. take: Ai	nit intake  Acids: In  m for hig	of foods velude fish	like salmo	on, chia uits, veg	seeds, or	r walnuts to support
<ul> <li>Avoid spike</li> <li>Focut health</li> <li>Increase grains</li> <li>Choose fats.</li> </ul>	d Added Sugs. s on Omega-fay triglyceride ease Fiber Inters.	ars: Lin  3 Fatty e levels. take: Ai	nit intake  Acids: In  m for hig	of foods velude fish	like salmo	on, chia uits, veg	seeds, or	r walnuts to suppor
<ul> <li>Avoid spike</li> <li>Focus health</li> <li>Increase grains</li> <li>Chood fats.</li> </ul> Notes for the properties of the pro	d Added Sugs. s on Omega-any triglyceride ease Fiber Inters. ose Healthy For Today: Iood/Feelings	ars: Lim 3 Fatty 2 levels. take: Ai ats: Opt	Acids: In m for hig for mone	of foods velude fish h fiber foo	like salme	on, chia uits, veg live oil,	seeds, or getables, avocados	legumes, and whole
<ul> <li>Avoid spike</li> <li>Focus health</li> <li>Increase grains</li> <li>Chood fats.</li> </ul> Notes for the properties of the pro	d Added Sugs. s on Omega-fase Fiber Ints. ose Healthy F Today: Lood/Feelings	ars: Lim 3 Fatty 2 levels. take: Ai ats: Opt	Acids: In m for hig for mone	of foods velude fish h fiber foo	like salme	on, chia uits, veg live oil,	seeds, or getables, avocados	orevent blood sugar r walnuts to support legumes, and whole s) and limit saturate

