

High Triglycerides Diet Tracker

Day 1

Name: _____

Date: _____

| 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 | | | | | | | | |

Daily Total:

- **Total Calories:** _____
 - **Total Omega-3 (Y/N):** _____
 - **Total Fiber (g):** _____
 - **Total Added Sugars (g):** _____
-

Daily Goals for Managing Triglycerides:

- **Avoid Added Sugars:** Limit intake of foods with high added sugars to prevent blood sugar spikes.
 - **Focus on Omega-3 Fatty Acids:** Include fish like salmon, chia seeds, or walnuts to support healthy triglyceride levels.
 - **Increase Fiber Intake:** Aim for high fiber foods like fruits, vegetables, legumes, and whole grains.
 - **Choose Healthy Fats:** Opt for monounsaturated fats (olive oil, avocados) and limit saturated fats.
-

Notes for Today:

- **Mood/Feelings After Meals:** _____
 - **Energy Levels:** _____
 - **Symptoms:** _____
-

Day 2

Name: _____

Date: _____

| 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 | | | | | | | | |

Daily Total:

- Total Calories: _____
 - Total Omega-3 (Y/N): _____
 - Total Fiber (g): _____
 - Total Added Sugars (g): _____
-

Daily Goals for Managing Triglycerides:

- **Avoid Added Sugars:** Limit intake of foods with high added sugars to prevent blood sugar spikes.
 - **Focus on Omega-3 Fatty Acids:** Include fish like salmon, chia seeds, or walnuts to support healthy triglyceride levels.
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 - **Choose Healthy Fats:** Opt for monounsaturated fats (olive oil, avocados) and limit saturated fats.
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Notes for Today:

- Mood/Feelings After Meals: _____
 - Energy Levels: _____
 - Symptoms: _____
-

Day 3

Name: _____

Date: _____

| 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 | | | | | | | | |

Daily Total:

- Total Calories: _____
 - Total Omega-3 (Y/N): _____
 - Total Fiber (g): _____
 - Total Added Sugars (g): _____
-

Daily Goals for Managing Triglycerides:

- **Avoid Added Sugars:** Limit intake of foods with high added sugars to prevent blood sugar spikes.
 - **Focus on Omega-3 Fatty Acids:** Include fish like salmon, chia seeds, or walnuts to support healthy triglyceride levels.
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 - **Choose Healthy Fats:** Opt for monounsaturated fats (olive oil, avocados) and limit saturated fats.
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Notes for Today:

- Mood/Feelings After Meals: _____
 - Energy Levels: _____
 - Symptoms: _____
-

Day 4

Name: _____

Date: _____

| 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 | | | | | | | | |

Daily Total:

- Total Calories: _____
 - Total Omega-3 (Y/N): _____
 - Total Fiber (g): _____
 - Total Added Sugars (g): _____
-

Daily Goals for Managing Triglycerides:

- **Avoid Added Sugars:** Limit intake of foods with high added sugars to prevent blood sugar spikes.
 - **Focus on Omega-3 Fatty Acids:** Include fish like salmon, chia seeds, or walnuts to support healthy triglyceride levels.
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Notes for Today:

- Mood/Feelings After Meals: _____
 - Energy Levels: _____
 - Symptoms: _____
-

Day 5

Name: _____

Date: _____

| 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 | | | | | | | | |

Daily Total:

- Total Calories: _____
 - Total Omega-3 (Y/N): _____
 - Total Fiber (g): _____
 - Total Added Sugars (g): _____
-

Daily Goals for Managing Triglycerides:

- **Avoid Added Sugars:** Limit intake of foods with high added sugars to prevent blood sugar spikes.
 - **Focus on Omega-3 Fatty Acids:** Include fish like salmon, chia seeds, or walnuts to support healthy triglyceride levels.
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Notes for Today:

- Mood/Feelings After Meals: _____
 - Energy Levels: _____
 - Symptoms: _____
-

Day 6

Name: _____

Date: _____

| 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 | | | | | | | | |

Daily Total:

- Total Calories: _____
 - Total Omega-3 (Y/N): _____
 - Total Fiber (g): _____
 - Total Added Sugars (g): _____
-

Daily Goals for Managing Triglycerides:

- **Avoid Added Sugars:** Limit intake of foods with high added sugars to prevent blood sugar spikes.
 - **Focus on Omega-3 Fatty Acids:** Include fish like salmon, chia seeds, or walnuts to support healthy triglyceride levels.
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Notes for Today:

- Mood/Feelings After Meals: _____
 - Energy Levels: _____
 - Symptoms: _____
-

Day 7

Name: _____

Date: _____

| 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 | | | | | | | | |

Daily Total:

- Total Calories: _____
 - Total Omega-3 (Y/N): _____
 - Total Fiber (g): _____
 - Total Added Sugars (g): _____
-

Daily Goals for Managing Triglycerides:

- **Avoid Added Sugars:** Limit intake of foods with high added sugars to prevent blood sugar spikes.
 - **Focus on Omega-3 Fatty Acids:** Include fish like salmon, chia seeds, or walnuts to support healthy triglyceride levels.
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Notes for Today:

- Mood/Feelings After Meals: _____
 - Energy Levels: _____
 - Symptoms: _____
-

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 | | | | | | | | |
| Snack 1 | | | | | | | | |
| Lunch | | | | | | | | |
| Snack 2 | | | | | | | | |
| Dinner | | | | | | | | |
| Snack 3 | | | | | | | | |

Daily Total:

- Total Calories: _____
 - Total Omega-3 (Y/N): _____
 - Total Fiber (g): _____
 - Total Added Sugars (g): _____
-

Daily Goals for Managing Triglycerides:

- **Avoid Added Sugars:** Limit intake of foods with high added sugars to prevent blood sugar spikes.
 - **Focus on Omega-3 Fatty Acids:** Include fish like salmon, chia seeds, or walnuts to support healthy triglyceride levels.
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Notes for Today:

- Mood/Feelings After Meals: _____
 - Energy Levels: _____
 - Symptoms: _____
-

Day 9

Name: _____

Date: _____

| 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 | | | | | | | | |

Daily Total:

- Total Calories: _____
 - Total Omega-3 (Y/N): _____
 - Total Fiber (g): _____
 - Total Added Sugars (g): _____
-

Daily Goals for Managing Triglycerides:

- **Avoid Added Sugars:** Limit intake of foods with high added sugars to prevent blood sugar spikes.
 - **Focus on Omega-3 Fatty Acids:** Include fish like salmon, chia seeds, or walnuts to support healthy triglyceride levels.
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-

Notes for Today:

- Mood/Feelings After Meals: _____
 - Energy Levels: _____
 - Symptoms: _____
-

Day 10

Name: _____

Date: _____

| 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 | | | | | | | | |

Daily Total:

- Total Calories: _____
 - Total Omega-3 (Y/N): _____
 - Total Fiber (g): _____
 - Total Added Sugars (g): _____
-

Daily Goals for Managing Triglycerides:

- **Avoid Added Sugars:** Limit intake of foods with high added sugars to prevent blood sugar spikes.
 - **Focus on Omega-3 Fatty Acids:** Include fish like salmon, chia seeds, or walnuts to support healthy triglyceride levels.
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Notes for Today:

- Mood/Feelings After Meals: _____
 - Energy Levels: _____
 - Symptoms: _____
-

Day 11

Name: _____

Date: _____

| 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 | | | | | | | | |

Daily Total:

- Total Calories: _____
 - Total Omega-3 (Y/N): _____
 - Total Fiber (g): _____
 - Total Added Sugars (g): _____
-

Daily Goals for Managing Triglycerides:

- **Avoid Added Sugars:** Limit intake of foods with high added sugars to prevent blood sugar spikes.
 - **Focus on Omega-3 Fatty Acids:** Include fish like salmon, chia seeds, or walnuts to support healthy triglyceride levels.
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-

Notes for Today:

- Mood/Feelings After Meals: _____
 - Energy Levels: _____
 - Symptoms: _____
-

Day 12

Name: _____

Date: _____

| 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 | | | | | | | | |

Daily Total:

- Total Calories: _____
 - Total Omega-3 (Y/N): _____
 - Total Fiber (g): _____
 - Total Added Sugars (g): _____
-

Daily Goals for Managing Triglycerides:

- **Avoid Added Sugars:** Limit intake of foods with high added sugars to prevent blood sugar spikes.
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 - **Choose Healthy Fats:** Opt for monounsaturated fats (olive oil, avocados) and limit saturated fats.
-

Notes for Today:

- Mood/Feelings After Meals: _____
 - Energy Levels: _____
 - Symptoms: _____
-

Day 13

Name: _____

Date: _____

| 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 | | | | | | | | |

Daily Total:

- Total Calories: _____
 - Total Omega-3 (Y/N): _____
 - Total Fiber (g): _____
 - Total Added Sugars (g): _____
-

Daily Goals for Managing Triglycerides:

- **Avoid Added Sugars:** Limit intake of foods with high added sugars to prevent blood sugar spikes.
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-

Notes for Today:

- Mood/Feelings After Meals: _____
 - Energy Levels: _____
 - Symptoms: _____
-

Day 14

Name: _____

Date: _____

| 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 | | | | | | | | |

Daily Total:

- Total Calories: _____
 - Total Omega-3 (Y/N): _____
 - Total Fiber (g): _____
 - Total Added Sugars (g): _____
-

Daily Goals for Managing Triglycerides:

- **Avoid Added Sugars:** Limit intake of foods with high added sugars to prevent blood sugar spikes.
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 - **Choose Healthy Fats:** Opt for monounsaturated fats (olive oil, avocados) and limit saturated fats.
-

Notes for Today:

- Mood/Feelings After Meals: _____
 - Energy Levels: _____
 - Symptoms: _____
-

Day 15

Name: _____

Date: _____

| 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 | | | | | | | | |

Daily Total:

- **Total Calories:** _____
 - **Total Omega-3 (Y/N):** _____
 - **Total Fiber (g):** _____
 - **Total Added Sugars (g):** _____
-

Daily Goals for Managing Triglycerides:

- **Avoid Added Sugars:** Limit intake of foods with high added sugars to prevent blood sugar spikes.
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-

Notes for Today:

- **Mood/Feelings After Meals:** _____
 - **Energy Levels:** _____
 - **Symptoms:** _____
-

Day 16

Name: _____

Date: _____

| 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 | | | | | | | | |

Daily Total:

- Total Calories: _____
 - Total Omega-3 (Y/N): _____
 - Total Fiber (g): _____
 - Total Added Sugars (g): _____
-

Daily Goals for Managing Triglycerides:

- **Avoid Added Sugars:** Limit intake of foods with high added sugars to prevent blood sugar spikes.
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-

Notes for Today:

- Mood/Feelings After Meals: _____
 - Energy Levels: _____
 - Symptoms: _____
-

Day 17

Name: _____

Date: _____

| 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 | | | | | | | | |

Daily Total:

- Total Calories: _____
 - Total Omega-3 (Y/N): _____
 - Total Fiber (g): _____
 - Total Added Sugars (g): _____
-

Daily Goals for Managing Triglycerides:

- **Avoid Added Sugars:** Limit intake of foods with high added sugars to prevent blood sugar spikes.
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-

Notes for Today:

- Mood/Feelings After Meals: _____
 - Energy Levels: _____
 - Symptoms: _____
-

Day 18

Name: _____

Date: _____

| 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 | | | | | | | | |

Daily Total:

- Total Calories: _____
 - Total Omega-3 (Y/N): _____
 - Total Fiber (g): _____
 - Total Added Sugars (g): _____
-

Daily Goals for Managing Triglycerides:

- **Avoid Added Sugars:** Limit intake of foods with high added sugars to prevent blood sugar spikes.
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-

Notes for Today:

- Mood/Feelings After Meals: _____
 - Energy Levels: _____
 - Symptoms: _____
-

Day 19

Name: _____

Date: _____

| 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 | | | | | | | | |

Daily Total:

- **Total Calories:** _____
 - **Total Omega-3 (Y/N):** _____
 - **Total Fiber (g):** _____
 - **Total Added Sugars (g):** _____
-

Daily Goals for Managing Triglycerides:

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-

Notes for Today:

- **Mood/Feelings After Meals:** _____
 - **Energy Levels:** _____
 - **Symptoms:** _____
-

Day 20

Name: _____

Date: _____

| 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 | | | | | | | | |

Daily Total:

- Total Calories: _____
 - Total Omega-3 (Y/N): _____
 - Total Fiber (g): _____
 - Total Added Sugars (g): _____
-

Daily Goals for Managing Triglycerides:

- **Avoid Added Sugars:** Limit intake of foods with high added sugars to prevent blood sugar spikes.
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-

Notes for Today:

- Mood/Feelings After Meals: _____
 - Energy Levels: _____
 - Symptoms: _____
-

Day 21

Name: _____

Date: _____

| 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 | | | | | | | | |

Daily Total:

- Total Calories: _____
 - Total Omega-3 (Y/N): _____
 - Total Fiber (g): _____
 - Total Added Sugars (g): _____
-

Daily Goals for Managing Triglycerides:

- **Avoid Added Sugars:** Limit intake of foods with high added sugars to prevent blood sugar spikes.
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Notes for Today:

- Mood/Feelings After Meals: _____
 - Energy Levels: _____
 - Symptoms: _____
-

Day 23

Name: _____

Date: _____

| 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 | | | | | | | | |

Daily Total:

- Total Calories: _____
 - Total Omega-3 (Y/N): _____
 - Total Fiber (g): _____
 - Total Added Sugars (g): _____
-

Daily Goals for Managing Triglycerides:

- **Avoid Added Sugars:** Limit intake of foods with high added sugars to prevent blood sugar spikes.
 - **Focus on Omega-3 Fatty Acids:** Include fish like salmon, chia seeds, or walnuts to support healthy triglyceride levels.
 - **Increase Fiber Intake:** Aim for high fiber foods like fruits, vegetables, legumes, and whole grains.
 - **Choose Healthy Fats:** Opt for monounsaturated fats (olive oil, avocados) and limit saturated fats.
-

Notes for Today:

- Mood/Feelings After Meals: _____
 - Energy Levels: _____
 - Symptoms: _____
-

Day 24

Name: _____

Date: _____

| 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 | | | | | | | | |

Daily Total:

- Total Calories: _____
 - Total Omega-3 (Y/N): _____
 - Total Fiber (g): _____
 - Total Added Sugars (g): _____
-

Daily Goals for Managing Triglycerides:

- **Avoid Added Sugars:** Limit intake of foods with high added sugars to prevent blood sugar spikes.
 - **Focus on Omega-3 Fatty Acids:** Include fish like salmon, chia seeds, or walnuts to support healthy triglyceride levels.
 - **Increase Fiber Intake:** Aim for high fiber foods like fruits, vegetables, legumes, and whole grains.
 - **Choose Healthy Fats:** Opt for monounsaturated fats (olive oil, avocados) and limit saturated fats.
-

Notes for Today:

- Mood/Feelings After Meals: _____
 - Energy Levels: _____
 - Symptoms: _____
-

Day 25

Name: _____

Date: _____

| 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 | | | | | | | | |

Daily Total:

- **Total Calories:** _____
 - **Total Omega-3 (Y/N):** _____
 - **Total Fiber (g):** _____
 - **Total Added Sugars (g):** _____
-

Daily Goals for Managing Triglycerides:

- **Avoid Added Sugars:** Limit intake of foods with high added sugars to prevent blood sugar spikes.
 - **Focus on Omega-3 Fatty Acids:** Include fish like salmon, chia seeds, or walnuts to support healthy triglyceride levels.
 - **Increase Fiber Intake:** Aim for high fiber foods like fruits, vegetables, legumes, and whole grains.
 - **Choose Healthy Fats:** Opt for monounsaturated fats (olive oil, avocados) and limit saturated fats.
-

Notes for Today:

- **Mood/Feelings After Meals:** _____
 - **Energy Levels:** _____
 - **Symptoms:** _____
-

Day 26

Name: _____

Date: _____

| 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 | | | | | | | | |

Daily Total:

- Total Calories: _____
 - Total Omega-3 (Y/N): _____
 - Total Fiber (g): _____
 - Total Added Sugars (g): _____
-

Daily Goals for Managing Triglycerides:

- **Avoid Added Sugars:** Limit intake of foods with high added sugars to prevent blood sugar spikes.
 - **Focus on Omega-3 Fatty Acids:** Include fish like salmon, chia seeds, or walnuts to support healthy triglyceride levels.
 - **Increase Fiber Intake:** Aim for high fiber foods like fruits, vegetables, legumes, and whole grains.
 - **Choose Healthy Fats:** Opt for monounsaturated fats (olive oil, avocados) and limit saturated fats.
-

Notes for Today:

- Mood/Feelings After Meals: _____
 - Energy Levels: _____
 - Symptoms: _____
-

Day 27

Name: _____

Date: _____

| 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 | | | | | | | | |

Daily Total:

- Total Calories: _____
 - Total Omega-3 (Y/N): _____
 - Total Fiber (g): _____
 - Total Added Sugars (g): _____
-

Daily Goals for Managing Triglycerides:

- **Avoid Added Sugars:** Limit intake of foods with high added sugars to prevent blood sugar spikes.
 - **Focus on Omega-3 Fatty Acids:** Include fish like salmon, chia seeds, or walnuts to support healthy triglyceride levels.
 - **Increase Fiber Intake:** Aim for high fiber foods like fruits, vegetables, legumes, and whole grains.
 - **Choose Healthy Fats:** Opt for monounsaturated fats (olive oil, avocados) and limit saturated fats.
-

Notes for Today:

- Mood/Feelings After Meals: _____
 - Energy Levels: _____
 - Symptoms: _____
-

Day 28

Name: _____

Date: _____

| 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 | | | | | | | | |

Daily Total:

- Total Calories: _____
 - Total Omega-3 (Y/N): _____
 - Total Fiber (g): _____
 - Total Added Sugars (g): _____
-

Daily Goals for Managing Triglycerides:

- **Avoid Added Sugars:** Limit intake of foods with high added sugars to prevent blood sugar spikes.
 - **Focus on Omega-3 Fatty Acids:** Include fish like salmon, chia seeds, or walnuts to support healthy triglyceride levels.
 - **Increase Fiber Intake:** Aim for high fiber foods like fruits, vegetables, legumes, and whole grains.
 - **Choose Healthy Fats:** Opt for monounsaturated fats (olive oil, avocados) and limit saturated fats.
-

Notes for Today:

- Mood/Feelings After Meals: _____
 - Energy Levels: _____
 - Symptoms: _____
-

Day 29

Name: _____

Date: _____

| 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 | | | | | | | | |

Daily Total:

- Total Calories: _____
 - Total Omega-3 (Y/N): _____
 - Total Fiber (g): _____
 - Total Added Sugars (g): _____
-

Daily Goals for Managing Triglycerides:

- **Avoid Added Sugars:** Limit intake of foods with high added sugars to prevent blood sugar spikes.
 - **Focus on Omega-3 Fatty Acids:** Include fish like salmon, chia seeds, or walnuts to support healthy triglyceride levels.
 - **Increase Fiber Intake:** Aim for high fiber foods like fruits, vegetables, legumes, and whole grains.
 - **Choose Healthy Fats:** Opt for monounsaturated fats (olive oil, avocados) and limit saturated fats.
-

Notes for Today:

- Mood/Feelings After Meals: _____
 - Energy Levels: _____
 - Symptoms: _____
-

Day 30

Name: _____

Date: _____

| 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 | | | | | | | | |

Daily Total:

- Total Calories: _____
 - Total Omega-3 (Y/N): _____
 - Total Fiber (g): _____
 - Total Added Sugars (g): _____
-

Daily Goals for Managing Triglycerides:

- **Avoid Added Sugars:** Limit intake of foods with high added sugars to prevent blood sugar spikes.
 - **Focus on Omega-3 Fatty Acids:** Include fish like salmon, chia seeds, or walnuts to support healthy triglyceride levels.
 - **Increase Fiber Intake:** Aim for high fiber foods like fruits, vegetables, legumes, and whole grains.
 - **Choose Healthy Fats:** Opt for monounsaturated fats (olive oil, avocados) and limit saturated fats.
-

Notes for Today:

- Mood/Feelings After Meals: _____
 - Energy Levels: _____
 - Symptoms: _____
-

