	Meal	Food eaten and amount	GL score	Mood / symptom / hunger (notes)	Basic healthy diet tips: included?	Y/N
	Breakfast				Essential fats	
	Snack				Water	
	Lunch				low Gl carbs	
7.1	Snack				5 low GL fruit / veg	
Day	Snack Dinner				No added salt / sugar	
	Drinks				Lean protein	
	Other	Total GL:			Reduce alcohol	
	Exercise				Supplements	
	Breakfast				Essential fats	
	Snack				Water	
	Lunch				low GI carbs	
7 2	Snack				5 low GL fruit / veg	
Day	Dinner				No added salt / sugar	
	Drinks				Lean protein	
	Other	Total GL:			Reduce alcohol	
	Exercise				Supplements	
	Breakfast				Essential fats	
	Snack				Water	
	Lunch				low GI carbs	
٧ ع	Snack				5 low GL fruit / veg	
Day	Dinner				No added salt / sugar	
	Drinks				Lean protein	
	Other	Total GL:			Reduce alcohol	
	Exercise				Supplements	
	Breakfast				Essential fats	
	Snack				Water	
	Lunch				low GI carbs	
4 V	Snack				5 low GL fruit / veg	
Day 4	Dinner				No added salt / sugar	
	Drinks				Lean protein	
	Other	Total GL:			Reduce alcohol	
	Exercise				Supplements	

Total GL:		hunger (notes)	included? Essential fats Water low Gl carbs 5 low GL fruit / veg No added salt / sugar Lean protein Reduce alcohol Supplements Essential fats Water low Gl carbs 5 low GL fruit / veg	
			Water low GI carbs 5 low GL fruit / veg No added salt / sugar Lean protein Reduce alcohol Supplements Essential fats Water low GI carbs	
			low GI carbs 5 low GL fruit / veg No added salt / sugar Lean protein Reduce alcohol Supplements Essential fats Water low GI carbs	
			5 low GL fruit / veg No added salt / sugar Lean protein Reduce alcohol Supplements Essential fats Water low Gl carbs	
			No added salt / sugar Lean protein Reduce alcohol Supplements Essential fats Water low GI carbs	
			Lean protein Reduce alcohol Supplements Essential fats Water low Gl carbs	
			Reduce alcohol Supplements Essential fats Water low GI carbs	
			Supplements Essential fats Water low GI carbs	
Total GI			Essential fats Water low GI carbs	
Total GI		-	Water low Gl carbs	
Total GI		-	low GI carbs	
Total GI		-		
Total GI		_	5 low GL fruit / veg	
Total GI				
Total GI		<u> </u>	No added salt / sugar	
Total GI			Lean protein	
Total GE.			Reduce alcohol	
			Supplements	
			Essential fats	
			Water	
			low Gl carbs	
			5 low GL fruit / veg	
			No added salt / sugar	
			Lean protein	
Total GL:			Reduce alcohol	
	<u>.</u>		Supplements	
	Total GL	Total GL:	Total GL:	low GI carbs 5 low GL fruit / veg No added salt / sugar Lean protein