

	Meal	Food eaten and amount	GL score	Mood / symptom / hunger (notes)	Basic healthy diet tips: included?	Y / N
Day 1	Breakfast				Essential fats Water low GI carbs 5 low GL fruit / veg No added salt / sugar Lean protein Reduce alcohol Supplements	
	Snack					
	Lunch					
	Snack					
	Dinner					
	Drinks					
	Other	Total GL:				
	Exercise					
Day 2	Breakfast				Essential fats Water low GI carbs 5 low GL fruit / veg No added salt / sugar Lean protein Reduce alcohol Supplements	
	Snack					
	Lunch					
	Snack					
	Dinner					
	Drinks					
	Other	Total GL:				
	Exercise					
Day 3	Breakfast				Essential fats Water low GI carbs 5 low GL fruit / veg No added salt / sugar Lean protein Reduce alcohol Supplements	
	Snack					
	Lunch					
	Snack					
	Dinner					
	Drinks					
	Other	Total GL:				
	Exercise					
Day 4	Breakfast				Essential fats Water low GI carbs 5 low GL fruit / veg No added salt / sugar Lean protein Reduce alcohol Supplements	
	Snack					
	Lunch					
	Snack					
	Dinner					
	Drinks					
	Other	Total GL:				
	Exercise					

	Meal	Food eaten and amount	GL score	Mood / symptom / hunger (notes)	Basic healthy diet tips: included?	Y / N
Day 5	Breakfast				Essential fats Water low GI carbs 5 low GL fruit / veg No added salt / sugar Lean protein Reduce alcohol Supplements	
	Snack					
	Lunch					
	Snack					
	Dinner					
	Drinks					
	Other		Total GL:			
	Exercise					
Day 6	Breakfast				Essential fats Water low GI carbs 5 low GL fruit / veg No added salt / sugar Lean protein Reduce alcohol Supplements	
	Snack					
	Lunch					
	Snack					
	Dinner					
	Drinks					
	Other		Total GL:			
	Exercise					
Day 7	Breakfast				Essential fats Water low GI carbs 5 low GL fruit / veg No added salt / sugar Lean protein Reduce alcohol Supplements	
	Snack					
	Lunch					
	Snack					
	Dinner					
	Drinks					
	Other		Total GL:			
	Exercise					
Coach Comments						