

DATE:

No Added Sugar (exception: Stevia or 1g/or less)

No Grain Based Flour

No Soda (Diet or Regular)

No White Potato/Grain other than Quinoa

Green Drink or  Green Smoothie

BLOOD SUGAR READINGS:

A.M:

Before Lunch:

Mid Afternoon:

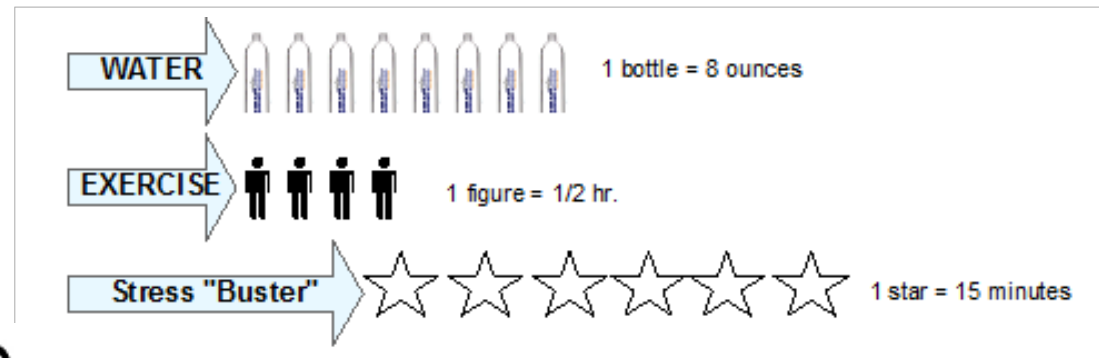
Eve/Before Bed:

FOOD JOURNAL:

Breakfast:

Lunch:

Dinner:



Snack(s):