

Meghan Livingstone

LIVING HEALTHY LIVING SIMPLE LIVING WELL

7 DAY FOOD JOURNAL

Day 1	Breakfast	Lunch	Dinner	Snacks/Dessert	COMMENTS (digestion + stress levels)
Day 2	Breakfast	Lunch	Dinner	Snacks/Dessert	COMMENTS (digestion + stress levels)
Day 3	Breakfast	Lunch	Dinner	Snacks/Dessert	COMMENTS (digestion + stress levels)
Day 4	Breakfast	Lunch	Dinner	Snacks/Dessert	COMMENTS (digestion + stress levels)

Day 5	Breakfast	Lunch	Dinner	Snacks/Dessert	COMMENTS (digestion + stress levels)
Day 6	Breakfast	Lunch	Dinner	Snacks/Dessert	COMMENTS (digestion + stress levels)
Day 7	Breakfast	Lunch	Dinner	Snacks/Dessert	COMMENTS (digestion + stress levels)

Additional Notes:

Healthy Affirmations

My body is brilliant, beautiful, and strong.
Each day I treat it with care.

Want more inspiration? Visit www.meghanlivingstone.com