

# NRG's Healthy Weight Loss Fuel Journal

How do you feel this morning? \_\_\_\_\_

Breakfast \_\_\_\_\_

\_\_\_\_\_

Snack \_\_\_\_\_

Lunch \_\_\_\_\_

\_\_\_\_\_

Snack \_\_\_\_\_

Dinner \_\_\_\_\_

\_\_\_\_\_

How do you feel this evening? \_\_\_\_\_

## Water Intake

(8 x 8 oz or 2 litres + 1 extra for each coffee & alcohol. Remember, the latter is a treat ie. 2/week!)

\_\_\_\_\_

## Fuel Intake

Fats (3-4) \_\_\_\_\_

Proteins(3) \_\_\_\_\_

Grains(1) \_\_\_\_\_

Fruits (2) \_\_\_\_\_

Vegetables – FREE! \_\_\_\_\_

Coffee (1) \_\_\_\_\_ Cheese–1ounce/day(optional) \_\_\_\_\_ Alcohol \_\_\_\_\_

Supplements (optional recommended: probiotic, omega 3, vitamin D & zinc) \_\_\_\_\_