

# Food Diary Sheet

FREE recipes: [www.healthyhomecookin.com](http://www.healthyhomecookin.com)  
Cooking School: [www.TheVegetarianCookingSchool.com](http://www.TheVegetarianCookingSchool.com)

NAME \_\_\_\_\_

DATE \_\_\_\_\_

DAY \_\_\_\_\_ of \_\_\_\_\_ WEEK \_\_\_\_\_

TIME	DESCRIPTION OF FOOD, MEDICATION, OR DRINK	SYMPTOMS

## A few symptoms to watch for:

Headaches

Cravings

Heartburn

Sore throat

Bad breath

Hay fever like

Bloating

Diarrhea

Hives/rashes

Wheezing

Hyperactivity

Asthma like

Flatulence (gas)

Constipation

Runny nose

Irritability

Indigestion

Appetite change