PRIMARILY PALEO

Please complete this 3 day food journal (ideally 2 work days, 1 weekend day)

Be realistic and record what you actually eat, do not aim for perfect idea of what you think you SHOULD eat.

Date: _____ Date: _____ Date: _____

Time	Amount	Food/Beverage

1 cup = 8 fluid oz = 0.24 liters

Time	Activity	Minutes

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