

*Chronically Chic*TM

BEAUTIFULLY PRACTICAL

Food Trigger Journal with Macros

Thank you for downloading my food trigger journal with macros printable. I hope this helps you on your health journey.

XOXO

Kallista

Instructions:

- This printable is to help you determine if a particular food is causing any immediately noticeable gastrointestinal symptoms.
- Record everything that you ate for a meal on the lines provided.
- Record the time that you ate that meal in the box provided.
- Record the macro-nutrients for all of the items (you will need your calculator) for the meal in the boxes provided.
- If you develop any symptoms record what symptoms on the line provided and the time of onset in the box provided.

@chronicallychicboutique

www.chronicallychicboutique.com

Toile de Jouy pattern designed by Bärbel Dressler. © Bear Bell Productions 2020

Date:

Breakfast

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Time you ate Protein Fat Carbs Fiber Sodium

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Symptoms

Time of symptoms

Lunch

--	--	--	--	--	--

Time you ate Protein Fat Carbs Fiber Sodium

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Symptoms

Time of symptoms

Snack

--	--	--	--	--	--

Time you ate Protein Fat Carbs Fiber Sodium

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Symptoms

Time of symptoms

Dinner

--	--	--	--	--	--

Time you ate Protein Fat Carbs Fiber Sodium

--

Symptoms

Time of symptoms

--

Snack 2

Time you ate

--

Symptoms

Time of symptoms

Date:

Breakfast

--	--	--	--	--	--

Time you ate Protein Fat Carbs Fiber Sodium

--

Symptoms

Time of symptoms

Lunch

--	--	--	--	--	--

Time you ate Protein Fat Carbs Fiber Sodium

--

Symptoms

Time of symptoms

Snack

--	--	--	--	--	--

Time you ate Protein Fat Carbs Fiber Sodium

--

Symptoms

Time of symptoms

Dinner

--	--	--	--	--	--

Time you ate Protein Fat Carbs Fiber Sodium

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Symptoms

Time of symptoms

--

Snack 2

Time you ate

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Symptoms

Time of symptoms