

*Chronically Chic*TM

BEAUTIFULLY PRACTICAL

Food Trigger Journal

Thank you for downloading my food trigger journal 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.
- 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:

Date:

Water (1 box = 8oz/250ml)

□ □ □ □ □ □ □ □

Water (1 box = 8oz/250ml)

□ □ □ □ □ □ □ □

□

Breakfast

Time you ate

□

Breakfast

Time you ate

□

Symptoms

Time of symptoms

□

Symptoms

Time of symptoms

□

Lunch

Time you ate

□

Lunch

Time you ate

□

Symptoms

Time of symptoms

□

Symptoms

Time of symptoms

□

Snack

Time you ate

□

Snack

Time you ate

□

Symptoms

Time of symptoms

□

Symptoms

Time of symptoms

□

Dinner

Time you ate

□

Dinner

Time you ate

□

Symptoms

Time of symptoms

□

Symptoms

Time of symptoms

□

Dessert/Snack

Time you ate

□

Dessert/Snack

Time you ate

□

Symptoms

Time of symptoms

□

Symptoms

Time of symptoms