

### **Mindful Food Log**

Indicate time of meal or snack, food item and the quantity, how it was prepared. Consider: were you hungry when you ate, did the meal fill you up or were you still hungry? Include beverages enjoyed.

#### **Lunch Wednesday 4/5**

Time:

Food type and quantity:

Preparation:

Made at home or in a restaurant or deli etc:

Beverage type and quantity

Were you hungry when you ate?

Did lunch fill you up or were you still hungry?

Snack:

#### **Dinner Wednesday 4/5**

Time:

Food type and quantity:

Preparation:

Made at home or in a restaurant or deli etc:

Beverage type and quantity

Were you hungry when you ate?

Did dinner fill you up or were you still hungry?

#### **Breakfast Thursday 4/6**

Time:

Food type and quantity:

Preparation:

Made at home or in a restaurant or deli etc:

Beverage type and quantity

Were you hungry when you ate?

Did breakfast fill you up or were you still hungry?