



My Daily
JOURNAL

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Phase **1 2 3**
Date _____

FOOD DIARY

MEAL	Foods I Ate or Drank	Qty	Ideal Protein Food
Breakfast	• _____ • _____ • _____	• _____ • _____ • _____	• _____ Blood Sugar _____ Blood Pressure _____
Lunch	• _____ • _____ • _____	• _____ • _____ • _____	• _____ Blood Sugar _____ Blood Pressure _____
Dinner	• _____ • _____ • _____	• _____ • _____ • _____	• _____ Blood Sugar _____ Blood Pressure _____
Snack	• _____ • _____ • _____	• _____ • _____ • _____	• _____ Blood Sugar _____ Blood Pressure _____

MULTI-VITA
Multivitamin & Mineral Supplement
 1 2

IDEAL SALT
Iodized Sea Salt and Potassium Chloride
 1/4_{tblsp}

IDEAL PROTEIN FOOD 1 2 3
CUP OF VEGETABLES 1 2 3 4
8oz PROTEIN 1
2tsp OIL 1 _{tsp} 2 _{tsp}

OMEGA-3 PLUS
Dietary Supplement
 1 2

POTASSIUM
Supplement 99 mg
 1

HAVE YOU ENHANCED your water?

8oz 8oz 8oz 8oz 8oz
 8oz 8oz 8oz 8oz 8oz



CAL-MAG
Calcium, Magnesium, Zinc and Vitamin D Supplement
 1 2 3 4

ANTI-OXY*
Dietary Supplement
 1 2

ENZYMES*
Digestion Aid
 1 2 3 4

*Anti-Oxy & Enzymes are not a compulsory part of the Ideal Protein Weight Loss Method. However, they are strongly recommended.

Exercise YES NO _____
 Duration _____

HOW WAS YOUR DAY?

☹️ 😐 😊 😄

You **DESERVE IT!**