FOOD & MOOD JOURNAL

☐ SNACK #3

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THE ADDICTION NUTRITIONIST	
Mond. Mental Health. Mindset	

/ / DATE: MOOD / ENERGY TIME FOOD/BEVERAGE **SUPPLEMENTS CRAVINGS / DIGESTION / HEADACHES** □ BREAKFAST ☐ LUNCH \square dinner ☐ SNACK #1 ☐ SNACK #2 ☐ SNACK #3 DATE: / / MOOD / ENERGY **SUPPLEMENTS** TIME FOOD/BEVERAGE **CRAVINGS / DIGESTION / HEADACHES** ■ BREAKFAST ☐ LUNCH \square dinner ☐ SNACK #1 ☐ SNACK #2 ☐ SNACK #3 DATE: / / MOOD / ENERGY TIME FOOD/BEVERAGE **SUPPLEMENTS CRAVINGS / DIGESTION / HEADACHES** ■ BREAKFAST ☐ LUNCH \square dinner ☐ SNACK #1 ☐ SNACK #2 ☐ SNACK #3 DATE: / MOOD / ENERGY TIME FOOD/BEVERAGE **SUPPLEMENTS CRAVINGS / DIGESTION / HEADACHES** □ BREAKFAST ☐ LUNCH ☐ DINNER ☐ SNACK #1 ☐ SNACK #2 ☐ SNACK #3 DATE: / / MOOD / ENERGY TIME **SUPPLEMENTS** FOOD/BEVERAGE **CRAVINGS / DIGESTION / HEADACHES** □ BREAKFAST ☐ LUNCH \square dinner ☐ SNACK #1 SNACK #2