

# THE FOOD & MOOD EXPERIMENT



The purpose of this experiment is to make a connection between what you eat and how you feel. We are biochemically unique individuals and will have bio-individual needs for what foods are best for our biochemistry. If we are eating foods in alignment with that chemistry, we will feel energized, motivated and satiated. If we feel tired, sluggish and aimless, then it's time to start analyzing those food choices and give your mealtime a makeover.

DAY 1 DATE:     /     /

FOOD/BEVERAGE	RIGHT AFTER EATING I FELT	TWO HOURS AFTER EATING I FELT
<input type="checkbox"/> BREAKFAST		
<input type="checkbox"/> LUNCH		

DAY 2 DATE:     /     /

FOOD/BEVERAGE	RIGHT AFTER EATING I FELT	TWO HOURS AFTER EATING I FELT
<input type="checkbox"/> BREAKFAST		
<input type="checkbox"/> LUNCH		

DAY 3 DATE:     /     /

FOOD/BEVERAGE	RIGHT AFTER EATING I FELT	TWO HOURS AFTER EATING I FELT
<input type="checkbox"/> BREAKFAST		
<input type="checkbox"/> LUNCH		

DAY 4 DATE:     /     /

FOOD/BEVERAGE	RIGHT AFTER EATING I FELT	TWO HOURS AFTER EATING I FELT
<input type="checkbox"/> BREAKFAST		
<input type="checkbox"/> LUNCH		

DAY 5 DATE:     /     /

FOOD/BEVERAGE	RIGHT AFTER EATING I FELT	TWO HOURS AFTER EATING I FELT
<input type="checkbox"/> BREAKFAST		
<input type="checkbox"/> LUNCH		

The best way to start this experiment is with breakfast, but if you don't eat breakfast start with lunch instead. Begin by eating your normal breakfast for a few days and record those foods and feelings. Then try some new options for the following few days. Here are some ideas for breakfast: Eggs with sausage or bacon, eggs with feta cheese and sautéed spinach, avocado toast, homemade whole grain muffins, yogurt with fresh fruit, nuts and seeds, cottage cheese with tomatoes, oatmeal with fresh fruit, or bulletproof coffee. At the end of the week, record your observations below. Which days did you feel energized, motivated and happy 2 hours after eating, and which days did you feel tired, cranky and hungry? What connections did you make between specific foods and your mood? What else did you notice?

## OBSERVATIONS