

Weekly Meal Log

One line per dinner. Write it while the plates are still out.

Week of _____

[illegible]

Suggested marks: ✓ ate it ~ ate some ✗ wouldn't

Daily Food Sheet

A full day, when you need the whole picture rather than a pattern.

Date _____ Who _____

BREAKFAST

LUNCH

DINNER

SNACKS

NOTES

Reaction Log

For allergies, intolerances, and anything not yet pinned down.

Name _____

DATE	FOOD	TIME	WHO	WHAT HAPPENED

Take this to the appointment. Two weeks of dated entries is worth more than a description from memory. This sheet is a record, not a diagnosis.

Blank Grid

Your columns, your rules. Just the structure.

[illegible]

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Week of _____

DATE	WHAT WE ATE	NAME	NAME	NAME	NAME

Suggested marks: ✓ ate it ~ ate some X wouldn't

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