

extra easy food diary

Name _____

Group _____

Date _____

Week _____

Day

Free Foods

Where it works, fill **at least 1/3** of your plate with **super speedy S foods** to boost your weight loss!

Healthy Extras

Syns

day



a

b

Total

day



a

b

Total

measure **Healthy Extras**
& **Syns** with care – stay
safe, feel amazing!

a

b

Total

day



please turn over...

Free Foods

Where it works, fill **at least 1/3** of your plate with **super speedy S foods** to boost your weight loss!

Healthy Extras

Write **every single one** down – even if you're well over your 5 to 15! Your honesty will pay off!



Fill up with unlimited **Free Foods** plus one measured A & one measured B and 5 – 15 Syns carefully counted! **You can do it!**

day



day



day



day



a

b

Total

a

b

Total

Rely on **Free Food** & make it the heart of your plan

a

b

Total

a

b

Total