



The Lean Gene Diet Food Diary

Keeping Track of your Fat Loss or Weight Maintenance Starts Here....

Keep track of your food intake. This will provide you with important feedback:

1. *Breaking Your Diet.* It will keep track of where you break your diet
2. *What you CAN "get away with" – and what you CAN'T!* It will teach you to what degree your body tolerates carbs before you switch into fat storage mode.
 - a. Once you have this information, you will be able to "cheat sensibly".

Write the date in the column under each day. E.g. Day 1 may be 06/06/14.

	Breakfast	Lunch	Evening	Snacks
Day 1:				
Day 2:				
Day 3:				





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Breakfast

Lunch

Evening

Snacks

Day 4:

Day 5:

Day 6:

Day 7:

