

# MINDFUL MEAL LOG

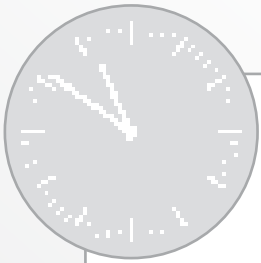
THE  
**Women's Health**

**BODY**  
**CLOCK**  
**DIET**

The 6-Week Plan to Reboot Your  
Metabolism and Lose Weight Naturally

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# PHASE 1 SAMPLE MINDFUL MEAL LOG

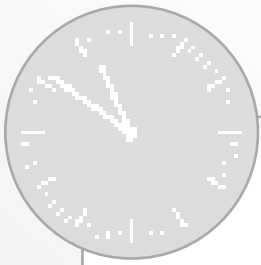
By understanding how and why you eat, you'll become a more mindful eater. And you will see in black and white why it's so much easier to lose weight by eating high-quality food at regular intervals versus starving yourself and counting calories. This is a sample log that's been filled out by one of my clients. Use this as a guide to filling out your own daily meal record. Think of this as your diary for rebooting your natural biorhythms.

## MORNING CHECK-IN:

Wake-Up Time	Hours Slept	Quality of Sleep	Feelings, Thoughts, Behaviors
7 a.m.	6.5	Poor, tossed and turned all night.	Tired, need to get to work on time. Wish there was more time in day.

Time	Type of Hunger	Feelings, Thoughts, Behaviors Before	Food Eaten	Feelings, Thoughts, Behaviors After
<b>BREAKFAST</b>				
8 a.m.	Emotional Behavioral Physical	<i>I ate because I know I need to; also because I'm starving and I have a morning meeting and don't want my stomach to gumble.</i>	<i>One packet oatmeal with coffee</i>	<i>I still feel hungry. Wish I had more time to make breakfast.</i>
<b>MIDMORNING SNACK</b>				
10:30 a.m.	Emotional Behavioral Physical	<i>Finally got more food post meeting</i>	<i>Coffee and Greek yogurt</i>	<i>Finally feel full</i>

Time	Type of Hunger	Feelings, Thoughts, Behaviors Before	Food Eaten	Feelings, Thoughts, Behaviors After
<b>LUNCH</b>				
1:15 p.m.	Emotional Behavioral Physical	<i>Hungry and anxious            Will be sure to get            enough food so this            doesn't turn into a            binge</i>	<i>Salad from deli            with greens, turkey,            beans, quinoa, and            balsamic dressing</i>	<i>I am overfull but            know it is really            temporary belly            distention from the            fiber in the greens,            beans and quinoa.</i>
<b>TEMPTATION TIME</b>				
4 p.m.	Emotional Behavioral Physical	<i>Feeling tired and need            pick-me-up</i>	<i>Cereal bar</i>	<i>I need a protein            with this. It doesn't            hurt my belly but            it is not enough            to hold me until            dinner.</i>
<b>DINNER</b>				
7 p.m.	Emotional Behavioral Physical	<i>Starving and feel like            I will overeat</i>	<i>Chili with a side            salad. Iced tea,            sweetened with            lemon and sugar.</i>	<i>That meal was            super filling and I            didn't overeat. Feel            confident that I            can turn my life            around.</i>



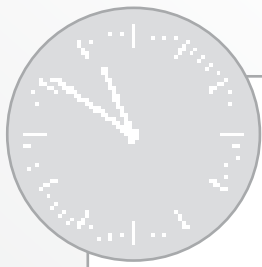
# PHASE 1 MINDFUL MEAL LOG

## MORNING CHECK-IN:

Wake-Up Time	Hours Slept	Quality of Sleep	Feelings, Thoughts, Behaviors

Time	Type of Hunger	Feelings, Thoughts, Behaviors Before	Food Eaten	Feelings, Thoughts, Behaviors After
<b>BREAKFAST</b>				
	Emotional Behavioral Physical			
<b>MIDMORNING SNACK</b>				
	Emotional Behavioral Physical			

Time	Type of Hunger	Feelings, Thoughts, Behaviors Before	Food Eaten	Feelings, Thoughts, Behaviors After
<b>LUNCH</b>				
	Emotional Behavioral Physical			
<b>TEMPTATION TIME</b>				
	Emotional Behavioral Physical			
<b>DINNER</b>				
	Emotional Behavioral Physical			



# PHASE 2 SAMPLE MINDFUL MEAL LOG

## MORNING CHECK-IN:

Wake-Up Time	Hours Slept	Quality of Sleep	Feelings, Thoughts, Behaviors
	8hrs	Great sleep	

Type of Hunger	Feelings, Thoughts, Behaviors Before	Food Eaten	Feelings, Thoughts, Behaviors After
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### BREAKFAST

Time: 8 a.m.

Emotional Behavioral Physical	<i>Hungry and happy            Can't wait to try new recipes.</i>	<i>Apple-Cinnamon Quinoa            Breakfast Bowl (page 148)</i>	<i>Satiated and satisfied</i>
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Tools Used: *Four-square breathing before meal*

Hunger/Fullness Before Meal: 1 2 **3** 4 5 6 7 8 9 10      Hunger/Fullness After Meal: 1 2 3 4 5 6 **7** 8 9 10

### MIDMORNING SNACK

Time: 10:30 a.m.

Emotional Behavioral Physical	<i>Not necc. ready for meal but nervous to try hunger fullness cues. Think I will try it on another day, especially since we are having a lunch meeting. Maybe tomorrow I will skip snack and have an earlier lunch.</i>	<i>Clif Bar</i>	<i>Loved it. So happy to have something I didn't have to prepare. Perfect size.</i>
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Tools Used: *Logging*

Hunger/Fullness Before Meal: 1 2 **3** 4 5 6 7 8 9 10      Hunger/Fullness After Meal: 1 2 3 4 5 6 **7** 8 9 10

### LUNCH

Time: 2 p.m.

Emotional Behavioral Physical	<i>Ready to eat but also eating now because of lunch meeting. Feel okay bringing my own meal into the meeting. Will do Oreo lunch tomorrow. So excited for this.</i>	<i>Roasted Veggies with Chicken Sausage (page 152)</i>	<i>OMG! This meal is so filling. I could probably have stopped a few bites early, but I wasn't paying attention to my cues. Was in the meeting and lost focus.</i>
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Tools Used: *Meal structure*

Hunger/Fullness Before Meal: 1 2 **3** 4 5 6 7 8 9 10      Hunger/Fullness After Meal: 1 2 3 4 5 6 7 **8** 9 10

Type of Hunger	Feelings, Thoughts, Behaviors Before	Food Eaten	Feelings, Thoughts, Behaviors After
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**TEMPTATION TIME**

Time: 4:30 p.m.

<p>Emotional</p> <p>Behavioral</p> <p>Physical</p>	<p>Happy to eat and break from work. Feel irritated by coworker but I am truly hungry.</p>	<p>Greek yogurt</p>	<p>Very cool to take time for me and actually practice the body scan Laura shared with us. Individual Greek yogurt is sweet enough but not enough to make me start craving sweets.</p>
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Tools Used: *Dirgha breath and body scan*

Hunger/Fullness Before Meal: 1 2 3 4 5 6 7 8 9 10

Hunger/Fullness After Meal: 1 2 3 4 5 6 7 8 9 10

**MINDFULNESS EXERCISE**

Tools Used:

*Logging and self-care by allowing myself to have downtime. Feel energized now that I stopped going going.*

Feelings, Thoughts, Behaviors:

*Used this time to read the Five Pillars, check over my logs, and get dinner ready.*

**DINNER**

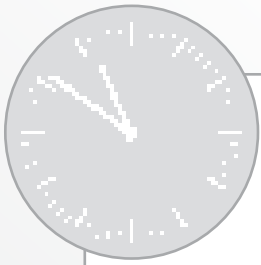
Time: 6:30-6:48 p.m.

<p>Emotional</p> <p>Behavioral</p> <p>Physical</p>	<p>Wonder if this meal will fill me. It was super easy to make.</p> <p>Not sure if I will do physical activity tonight or paint.</p>	<p>Larlicky Shrimp with Spaghetti Squash and Spinach (page 158)</p>	<p>Just the right size for me and not stuffed, so I think I will try the movement piece tonight.</p>
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Tools Used: *Meal structure, logging, self-care*

Hunger/Fullness Before Meal: 1 2 3 4 5 6 7 8 9 10

Hunger/Fullness After Meal: 1 2 3 4 5 6 7 8 9 10



# PHASE 2 MINDFUL MEAL LOG

## MORNING CHECK-IN:

Wake-Up Time	Hours Slept	Quality of Sleep	Feelings, Thoughts, Behaviors

Type of Hunger	Feelings, Thoughts, Behaviors Before	Food Eaten	Feelings, Thoughts, Behaviors After
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### BREAKFAST

Time:

Emotional Behavioral Physical			
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#### Tools Used:

Hunger/Fullness Before Meal: 1 2 3 4 5 6 7 8 9 10

Hunger/Fullness After Meal: 1 2 3 4 5 6 7 8 9 10

### MIDMORNING SNACK

Time:

Emotional Behavioral Physical			
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#### Tools Used:

Hunger/Fullness Before Meal: 1 2 3 4 5 6 7 8 9 10

Hunger/Fullness After Meal: 1 2 3 4 5 6 7 8 9 10

### LUNCH

Time:

Emotional Behavioral Physical			
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#### Tools Used:

Hunger/Fullness Before Meal: 1 2 3 4 5 6 7 8 9 10

Hunger/Fullness After Meal: 1 2 3 4 5 6 7 8 9 10



Type of Hunger	Feelings, Thoughts, Behaviors Before	Food Eaten	Feelings, Thoughts, Behaviors After
<b>TEMPTATION TIME</b>			<b>Time:</b>
Emotional Behavioral Physical			
<b>Tools Used:</b>			
Hunger/Fullness Before Meal: 1 2 3 4 5 6 7 8 9 10		Hunger/Fullness After Meal: 1 2 3 4 5 6 7 8 9 10	
<b>MINDFULNESS EXERCISE</b>			
<b>Tools Used:</b>		<b>Feelings, Thoughts, Behaviors:</b>	
<b>DINNER</b>			<b>Time: .</b>
Emotional Behavioral Physical			
<b>Tools Used:</b>			
Hunger/Fullness Before Meal: 1 2 3 4 5 6 7 8 9 10		Hunger/Fullness After Meal: 1 2 3 4 5 6 7 8 9 10	



# PHASE 3 SAMPLE MINDFUL MEAL LOG

## MORNING CHECK-IN:

Wake-Up Time	Hours Slept	Feelings, Thoughts, Behaviors	Food Eaten	GI Symptom If Any	Reframe with Kindness and Note Tool Used
7:45 a.m.	9hrs	<i>I slept one hour longer than I wanted to. Ugh, now I am going to be late.</i>	<i>Mug water</i>	<i>Bowel movement</i>	<i>You need not be perfect. Think of it this way, you got the right amount of sleep.</i>

Feelings, Thoughts, Behaviors Before	Food Eaten	Feelings, Thoughts, Behaviors After	Reframe with Kindness and Note Tool Used
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### BREAKFAST

Time: 8 a.m.

<i>Think hungry but rushing as woke up late so hard to tune in. Will eat because I know I should.</i>	<i>Vanilla Chia Pudding with Berries (page 163)</i>	<i>Thank goodness I made this last night.</i>	<i>Remember to take a breath and read Pillars at work.</i>
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#### GI Symptom:

Hunger/Fullness Before Meal: 1 2 3 4 5 6 7 8 9 10

Hunger/Fullness After Meal: 1 2 3 4 5 6 7 8 9 10

### MIDMORNING SNACK

Time: 11:00 a.m.

<i>Not hungry but did check in. Choosing to not have snack.</i>			<i>Flexibility with structure is my mantra.</i>
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#### GI Symptom:

Hunger/Fullness Before Meal: 1 2 3 4 5 6 7 8 9 10

Hunger/Fullness After Meal: 1 2 3 4 5 6 7 8 9 10

### LUNCH

Time: 12:15 p.m.

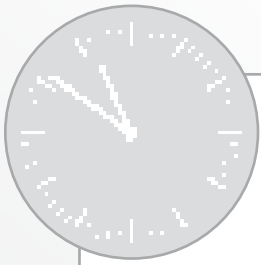
<i>Forgot lunch will step out for Panera sandwich.</i>	<i>Flatbread and small veggie soup</i>	<i>Thank goodness there are options to eat out. Got the soup as knew I would need more food today.</i>	<i>Go back to the office and take a few minutes to do the Dingha breath and use one of my Cortisol Crushers.</i>
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#### GI Symptom: *Stomach feels slightly bloated. Could it be the fiber in the bread, the liquid from the soup, or eating too quickly?*

Hunger/Fullness Before Meal: 1 2 3 4 5 6 7 8 9 10

Hunger/Fullness After Meal: 1 2 3 4 5 6 7 8 9 10

Feelings, Thoughts, Behaviors Before	Food Eaten	Feelings, Thoughts, Behaviors After	Reframe with Kindness and Note Tool Used
<b>TAME TEMPTATION</b>			Time: 3 p.m.
<i>Dary been going too fast. I am intentionally carrying out time to do some meditation before my snack.</i>	<i>Banana and PB</i>	<i>Feel better and calm</i>	<i>You did an awesome job with self-care and compassion. Used meditation.</i>
<b>GI Symptom:</b>			
Hunger/Fullness Before Meal: 1 2 3 4 5 6 7 8 9 10		Hunger/Fullness After Meal: 1 2 3 4 5 6 7 8 9 10	
<b>PRE-EXERCISE SNACK</b>			Time: 5 p.m.
<i>Eating now as exercising before dinner and know I will not last without a snack .</i>	<i>Pear</i>	<i>Time</i>	<i>Mindful eating</i>
<b>GI Symptom:</b>			
Hunger/Fullness Before Meal: 1 2 3 4 5 6 7 8 9 10		Hunger/Fullness After Meal: 1 2 3 4 5 6 7 8 9 10	
<b>DINNER</b>			Time: 7:30 p.m.
<i>Rocking to my clock!</i>	<i>Simply Satisfying Salmon with Earlicky Haricots Verts (page 168)</i>	<i>Love, love, love this dish</i>	<i>Making dinner for myself feels so good.</i>
<b>GI Symptom:</b>			
Hunger/Fullness Before Meal: 1 2 3 4 5 6 7 8 9 10		Hunger/Fullness After Meal: 1 2 3 4 5 6 7 8 9 10	
<b>MIND AND MEDITATION</b>			Time: 9:30 p.m.
<b>Tools Used:</b> <i>Read my Pillars, Completed my log and meditated for 10 minutes.</i>		<b>Feelings, Thoughts, Behaviors:</b> <i>I don't need to perfect meditation. Humans are imperfect.</i>	



# PHASE 3 MINDFUL MEAL LOG

## MORNING CHECK-IN:

Wake-Up Time	Hours Slept	Feelings, Thoughts, Behaviors	Food Eaten	GI Symptom If Any	Reframe with Kindness and Note Tool Used

Feelings, Thoughts, Behaviors Before	Food Eaten	Feelings, Thoughts, Behaviors After	Reframe with Kindness and Note Tool Used
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### BREAKFAST

Time:

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GI Symptom:

Hunger/Fullness Before Meal: 1 2 3 4 5 6 7 8 9 10

Hunger/Fullness After Meal: 1 2 3 4 5 6 7 8 9 10

### MIDMORNING SNACK

Time:

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GI Symptom:

Hunger/Fullness Before Meal: 1 2 3 4 5 6 7 8 9 10

Hunger/Fullness After Meal: 1 2 3 4 5 6 7 8 9 10

### LUNCH

Time:

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GI Symptom:

Hunger/Fullness Before Meal: 1 2 3 4 5 6 7 8 9 10

Hunger/Fullness After Meal: 1 2 3 4 5 6 7 8 9 10

Feelings, Thoughts, Behaviors Before	Food Eaten	Feelings, Thoughts, Behaviors After	Reframe with Kindness and Note Tool Used
<b>TAME TEMPTATION</b>			Time:
GI Symptom:			
Hunger/Fullness Before Meal: 1 2 3 4 5 6 7 8 9 10		Hunger/Fullness After Meal: 1 2 3 4 5 6 7 8 9 10	
<b>PRE-EXERCISE SNACK</b>			Time:
GI Symptom:			
Hunger/Fullness Before Meal: 1 2 3 4 5 6 7 8 9 10		Hunger/Fullness After Meal: 1 2 3 4 5 6 7 8 9 10	
<b>DINNER</b>			Time:
GI Symptom:			
Hunger/Fullness Before Meal: 1 2 3 4 5 6 7 8 9 10		Hunger/Fullness After Meal: 1 2 3 4 5 6 7 8 9 10	
<b>MIND AND MEDITATION</b>			Time: