
















# Food Satisfaction Journal

Date: \_\_\_\_\_

Use this Food Satisfaction Journal to discover what foods combinations make you feel satisfied for a few hours.

	<b>What did you eat?</b> Record the time, your hunger level, what you eat and the ratio of carbs, protein, and fats just after eating.	<b>How do you feel?</b> Record how you feel 2-3 hours later (bloating, satisfaction, energy level, hunger, cravings, irritability, sleepiness or not being able to sleep at night, etc.)	<b>Conclusions</b> What did you learn? Do you need to change something next time?
B r e a k f a s t	% of carbs  % of protein  % of fats  Time: _____ Hunger before eating: <span style="border: 1px solid black; padding: 2px;">1</span> <span style="border: 1px solid black; padding: 2px;">2</span> <span style="border: 1px solid black; padding: 2px;">3</span> <span style="border: 1px solid black; padding: 2px;">4</span> <span style="border: 1px solid black; padding: 2px;">5</span> Hunger after eating: <span style="border: 1px solid black; padding: 2px;">6</span> <span style="border: 1px solid black; padding: 2px;">7</span> <span style="border: 1px solid black; padding: 2px;">8</span> <span style="border: 1px solid black; padding: 2px;">9</span> <span style="border: 1px solid black; padding: 2px;">10</span>		
s n a c k	% of carbs  % of protein  % of fats  Time: _____ Hunger before eating: <span style="border: 1px solid black; padding: 2px;">1</span> <span style="border: 1px solid black; padding: 2px;">2</span> <span style="border: 1px solid black; padding: 2px;">3</span> <span style="border: 1px solid black; padding: 2px;">4</span> <span style="border: 1px solid black; padding: 2px;">5</span> Hunger after eating: <span style="border: 1px solid black; padding: 2px;">6</span> <span style="border: 1px solid black; padding: 2px;">7</span> <span style="border: 1px solid black; padding: 2px;">8</span> <span style="border: 1px solid black; padding: 2px;">9</span> <span style="border: 1px solid black; padding: 2px;">10</span>		
L u n c h	% of carbs  % of protein  % of fats  Time: _____ Hunger before eating: <span style="border: 1px solid black; padding: 2px;">1</span> <span style="border: 1px solid black; padding: 2px;">2</span> <span style="border: 1px solid black; padding: 2px;">3</span> <span style="border: 1px solid black; padding: 2px;">4</span> <span style="border: 1px solid black; padding: 2px;">5</span> Hunger after eating: <span style="border: 1px solid black; padding: 2px;">6</span> <span style="border: 1px solid black; padding: 2px;">7</span> <span style="border: 1px solid black; padding: 2px;">8</span> <span style="border: 1px solid black; padding: 2px;">9</span> <span style="border: 1px solid black; padding: 2px;">10</span>		
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D i n n e r	% of carbs  % of protein  % of fats  Time: _____ Hunger before eating: <span style="border: 1px solid black; padding: 2px;">1</span> <span style="border: 1px solid black; padding: 2px;">2</span> <span style="border: 1px solid black; padding: 2px;">3</span> <span style="border: 1px solid black; padding: 2px;">4</span> <span style="border: 1px solid black; padding: 2px;">5</span> Hunger after eating: <span style="border: 1px solid black; padding: 2px;">6</span> <span style="border: 1px solid black; padding: 2px;">7</span> <span style="border: 1px solid black; padding: 2px;">8</span> <span style="border: 1px solid black; padding: 2px;">9</span> <span style="border: 1px solid black; padding: 2px;">10</span>		

# How to Use The Food Satisfaction Journal

The Food Satisfaction Journal is different to the Food & Lifestyle Journal. Here we put less focus on emotions and more emphasis on your body's biological responses to what you've just eaten.

**After each meal record in the column "What did you eat?":**

- What you ate
- The time you ate it
- Your hunger levels before and after the meal
- The percentage of carbohydrates, proteins and fats in your meal. Keep in mind that you don't need to be exact or perfect with the ratios, a rough ballpark will do.

**A few hours after you've eaten, record in the column "How do you feel?":**

Any observations related to physical sensations rather than your emotional feelings, i.e. satisfaction, hunger, cravings, energy level, irritability, tiredness, sleepiness, trouble with sleeping, bloatedness, constipation, digestive discomfort, etc.

**Then in the "Conclusions" column write down:**

- the lessons you learned,
- what changes you will make next time.

Use the journal for at least 3 days in a row.  
Review your journal and see if you notice any patterns or areas that may need further work or adjustment.

## Things to pay attention to

Eat regular, balanced meals with a portion of protein, fats and carbs (vegetables, fruits and starches).

Spread your meals throughout the day.

You're looking for a combination of foods that will make you feel satisfied and nourished for at least a few hours.

You also seek contentment from the food you are eating, so choose foods that feel nourishing for your body, mind and soul.

Minimize foods that cause extreme blood sugar drops (intense cravings, shaking, fast heartbeat, sweating, nervousness or anxiety, irritability or confusion, dizziness, hunger. ) or energy slumps soon after eating.

Use the question: "Will this food satisfy me in a balanced way?" to help you decide what you should eat.

Treat this as your personal experiment or detective work. Ask yourself "What if I try this?" and then see what happens without emotional attachment to the result.

Try new balanced recipes, new food combinations, and new cuisines. Keep listening to your biofeedback as you do.

If you have always eaten oatmeal for breakfast try mixing it up and having a breakfast of eggs, toast and avocado or a smoothie with greens, fruits, chia seeds and protein powder or yoghurt. See what happens, tune in to your body and be aware of your thoughts, satiety and energy level.

If you notice that you are craving fats, especially during a binge or overeating episode, look to see where you can include more fats in your meals; add chia seeds to your smoothie, add olives to your salads, eat avocados and more nuts and seeds.

If you don't feel satisfied after eating a salad add some starches and protein and see what happens.