

Day No: 4	Name: <i>Cheri Lily</i> Age: 32                      Weight: 58 kg		Eco-eating Training Food Log Date: 30 Feb 2012
Time	Weight/ Number	Food Eaten	How I Felt Before/After Eating
8 am	2	Bananas dipped in carob powder	Very Hungry / hungry
8.10 am	2	Kiwi	Hungry/ bit hungry
8.15 am	35 g	Almonds and cashews	Craving nuts / satisfied but thirsty
8.30 am	Half	Rockmelon	Thirsty / OK
10.05 am	1	Orange	Energetic / happy
11.30 am	2 stalks	Celery	Slight headache / OK
12.00 pm	2 slices	Water Melon	Thirsty / quenched no headache
1.15 pm	50 g	Broccoli dipped in w/h tahini	Anxious /
"	50 g	Kale	
"	60 g	Sum Choy	
"	small	carrot	
"	25 g	Sunflower seeds and pepitas	/ calmer
2.00 pm	2	Red apples	Sweet craving / feeling good
2.45 pm	1	Pears	Feeling pucky / energetic
3.10 pm	2 stalks	celery	A bit lazy / active
4.00 pm	3	mandarins	Very active / good feeling
4.45 pm	2	Bananas	Bit chilly / warmer.
5.30 pm	1	Orange	Need juicy fruit / satisfied
6.15 pm	200 g	Leafy Green Salad with 20g nuts	Craving savory / very full, satisfied
7.20 pm	1	Banana	Sweet craving / OK
7.30 pm	1	Orange	OK / satisfied.
1 ounce is 28 grams	How many times today: 2 Hard / Medium / Soft / Gas <i>soft</i> Colour: <i>greenish</i> Comments: <i>no constipation!</i>		Total Fruit: 16    Total Nuts/Seeds: 80g Total Celery: 4    Total Tahini: 20g Total Greens: 360g Total Avocado 0 g Used: Oil / Salt / Sugar additives. <i>None</i>

In estimating the number of pieces of fruit use 1 piece = 4 oz or 110 g of fruit flesh.  
For celery: count the number of full length stalks you eat.