



# The Primal Journey

## Food Log

Day: _____				
Meal 1				
Proteins:	Carbs:	Fats:	Fish Oil:	Beverages:
Meal 2				
Proteins:	Carbs:	Fats:	Fish Oil:	Beverages:
Meal 3				
Proteins:	Carbs:	Fats:	Fish Oil:	Beverages:
Meal 4				
Proteins:	Carbs:	Fats:	Fish Oil:	Beverages:
Meal 5				
Proteins:	Carbs:	Fats:	Fish Oil:	Beverages:
Meal 6				
Proteins:	Carbs:	Fats:	Fish Oil:	Beverages:

Name: \_\_\_\_\_