



Daily ^{& Exercise} **FOOD JOURNAL**

Keeping a daily journal of all your meals, snacks and activity will help ensure your success.

Print the following page and take a moment each day to write down what you ate, which Zone meals and snacks were most enjoyable, and how long you stayed satisfied. Use this knowledge to build a plan for the next day and for a lifetime of success.



Don't forget, when making a Zone meal we recommend aiming for one that is under 12 grams of fat with 25 grams of protein, about 35 grams of net carbs (total carbohydrates minus fiber) and approximately 400 calories or less. When you have the right amount of fat, balanced with protein and low glycemic carbohydrates, it helps minimize hunger and fatigue for up to 4-5 hours.

Download the **Portion & Nutrition Guide**, and Find More Helpful Tools on zonediet.com

We're Here to Help!

Call **800-404-8171**, email customersupport@zoneliving.com, or visit zonediet.com for more information or guidance.

