PROTEIN CHALLENGE

# Food & Hunger Journal

Day of Challenge _____ Date _____

Congratulations on joining the **Protein Challenge**! As you get started, use this daily food diary to track your meals to identify your daily protein intake and examine how the meals you eat make you feel. You can also use it to guide meal and snack choices to feel the positive benefits of eating more balanced protein for breakfast, lunch and dinner!

**Additional tools you can use:**

- Reference this **cheat sheat** or the USDA's Nutrient Database to determine the protein content of specific foods and beverages.
- Review the **Hunger Scale** to help determine your pre-meal and post-meal hunger levels.
- If you prefer to track your diet online, sign up for **FitDay** or **SparkPeople**.
- Smart phone apps such as **Loselt** and **MyFitness Pal** are another great option for diet tracking on the go.
- Find recipes on **BeefLoving Texans.com**

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| Time | Pre-Meal Hunger Rating (0-10) | Pre-Meal Mood | Meal (list foods & beverages) | Protein Total (g) | Post-Meal Hunger Rating (2 Hours After Eating | Post-Meal Mood (2 Hours After Eating) |
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