

# THE HORMONE DIET

## Daily Wellness Tracker

|   |   |
|---|---|
| Date _____<br>pH # _____  | Bed Time _____ # hours slept _____<br>Quality _____   |
| Breakfast<br>Time _____   |   |
| Snack<br>Time _____   |   |
| Lunch<br>Time _____   |   |
| Snack<br>Time _____   |   |
| Dinner<br>Time _____  |   |
| <b>Intake Checklist:</b><br>Protein 1 2 3    Fats 1 2 3<br>Veggies 1 2 3 4 5 6 7 8 9 10<br>Dairy 1    Nuts 1    Fruits 1 2<br>Beans 1    Starchy veg/Grains 1 | <b>Hot Hormone Foods:</b><br>Olive oil 1x/d                      Berries 1x/d<br>Apple 1x/d                            Whey protein 1x/d<br>Flaxseeds/Salba 1x/d              Spices: Cinnamon, Turmeric, etc<br>Broccoli 2 cups /wk                Green Tea 3-4 cups/ d |
| <b>Water</b><br>1 2 3 4 5 6 7 8 9 10 11 12 13 14  | <b>Supplements</b>  |
| <b>Exercise</b><br>Strength<br>Cardio<br>Yoga   | <b>Relaxation</b><br>Visualization<br>Meditation  |

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