## **Food Diary Template**

Copyright of The Vegan Key™ by Carla Golden of CarlaGoldenWellness.com

Guidelines	Your Notes
8am: Hot Liquid	
8am - 5pm:	
Breakfast	
Lunch	
Snacks	
5pm - 8pm: Dinner	
8pm: Hot Liquid	
8pm - 8am: Sleep & Fast	