

DAILY FOOD LOG/FILLER CHART COMBO

Date/Day									
AM Weight									
B									
L									
D									
PM Weight									
# Total Items									
THE FILLERS									TOTAL FILLERS
Bread (0,1,2,3,4)									Bread
Salad (3-4)									Salad
Hi-End Protein (1)									Hi-End Protein
Starch (3-4)									Starch
Dessert (0,1,2,3,4)									Dessert
Beverage (0,1,2,3,4)									Beverage
Alcohol (0,1,2,3,4)									Alcohol
No-Meal Meal (1)									No-Meal meals

NAME: _____ EMAIL ADDRESS: _____

The Caryl Ehrlich Program

228 East 45th Street, Suite 1801 ■ New York NY 10017 ■ (212) 986-7155 ■ www.ConquerFood.com ■ Caryl@ConquerFood.com