

Dear
**FOOD
DIARY**

BY GRAÇA MAVINGA



DOAAV
Diary of an african vegetarian



Foreword

By Graça Mavinga

**Hi challenge seeker,
Welcome to the start
of a **transformation**
in your life!**





The Plan

Mindfull living

A **start** to being more
mindful in the way
you eat and live.

Let's go

I'm so proud of you for making the first step.

I will list a few things that are important.

- Report daily what you eat don't forget to add the time
- Reporting how you felt that day will give you an indication on what effect the food has on your mood.
- Fill in your physical complaints. Complaints like headaches dizziness are also included.

Contents

Total: 7 days

Daily dairy

Mental health check

Physical check

Journaling

DAILY DIARY

Day 1

<p>BREAKFAST</p> <p>Time:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>LUNCH</p> <p>Time:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>DINNER</p> <p>Time:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
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SNACKS

VITAMINES

WATER

NOTES

MENTAL HEALTH CHECK

Day 1

How are you feeling today?

Write down if you feel horrible



Great



Good



Okay



Not good



Horrible

Are you full of energy?

Write down if you feel tired

Today's affirmation:

*"I can do all things through
Christ that strengthens me."*

Physical Check

Day 1

Steps walked: _____

Write down goal or fill in:

0

Workout

Physical complaints

Goals for tomorrow

- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____

Journaling

Date: ____/____/____

DAILY DIARY

Day 2

BREAKFAST

Time:

LUNCH

Time:

DINNER

Time:

SNACKS

VITAMINES

WATER

NOTES

MENTAL HEALTH CHECK

Day 2

How are you feeling today?

Write down if you feel horrible



Great



Good



Okay



Not good



Horrible

Are you full of energy?

Write down if you feel tired

Today's affirmation:

"As the Scriptures tell us, "Anyone who trusts in Him will never be disgraced"

Physical Check

Day 2

Steps walked: _____

Write down goal or fill in:

0

Workout

Physical complaints

Goals for tomorrow

- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____

Journaling

Date: ___ / ___ / ___

DAILY DIARY

Day 3

BREAKFAST

Time:

LUNCH

Time:

DINNER

Time:

SNACKS

VITAMINES

WATER

NOTES

MENTAL HEALTH CHECK

Day 3

How are you feeling today?

Write down if you feel horrible



Great



Good



Okay



Not good



Horrible

Are you full of energy?

Write down if you feel tired

Today's affirmation:

"You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!"

Physical Check

Day 3

Steps walked: _____

Write down goal or fill in:

0

Workout

Physical complaints

Goals for tomorrow

- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____

Journaling

Date: / /

DAILY DIARY

Day 4

BREAKFAST

Time:

LUNCH

Time:

DINNER

Time:

SNACKS

VITAMINES

WATER

NOTES

MENTAL HEALTH CHECK

Day 4

How are you feeling today?

Write down if you feel horrible



Great



Good



Okay



Not good



Horrible

Are you full of energy?

Write down if you feel tired

Today's affirmation:

*"The Lord directs the steps of the godly.
He delights in every detail of their lives."*

Physical Check

Day 4

Steps walked: _____

Write down goal or fill in:

0

Workout

Physical complaints

Goals for tomorrow

- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____

DAILY DIARY

Day 5

BREAKFAST

Time:

LUNCH

Time:

DINNER

Time:

SNACKS

VITAMINES

WATER

NOTES

MENTAL HEALTH CHECK

Day 5

How are you feeling today?

Write down if you feel horrible



Great



Good



Okay



Not good



Horrible

Are you full of energy?

Write down if you feel tired

Today's affirmation:

"Deny yourself, pick up His cross daily"

Physical Check

Day 5

Steps walked: _____

Write down goal or fill in:

0

Workout

Physical complaints

Goals for tomorrow

- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____

DAILY DIARY

Day 6

BREAKFAST

Time:

LUNCH

Time:

DINNER

Time:

SNACKS

VITAMINES

WATER

NOTES

MENTAL HEALTH CHECK

Day 6

How are you feeling today?

Write down if you feel horrible



Great



Good



Okay



Not good



Horrible

Are you full of energy?

Write down if you feel tired

Today's affirmation:

*"God gave us not a spirit of fear
but of power, love and Self-control"*

”

Physical Check

Day 6

Steps walked: _____

Write down goal or fill in:

0

Workout

Physical complaints

Goals for tomorrow

- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____

DAILY DIARY

Day 7

BREAKFAST

Time:

LUNCH

Time:

DINNER

Time:

SNACKS

VITAMINES

WATER

NOTES

MENTAL HEALTH CHECK

Day 7

How are you feeling today?

Write down if you feel horrible



Great



Good



Okay



Not good



Horrible

Are you full of energy?

Write down if you feel tired

Today's affirmation:

"Fear of man will prove to be a snare, but whoever trusts in the LORD is kept safe."

Physical Check

Day 7

Steps walked: _____

Write down goal or fill in:

0

Workout

Physical complaints

Goals for tomorrow

- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____

Journaling

Date: ____/____/____

Lined writing area with 18 horizontal orange lines.

Journaling

Date: / /

Lined area for journaling entries, consisting of 20 horizontal orange lines.



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