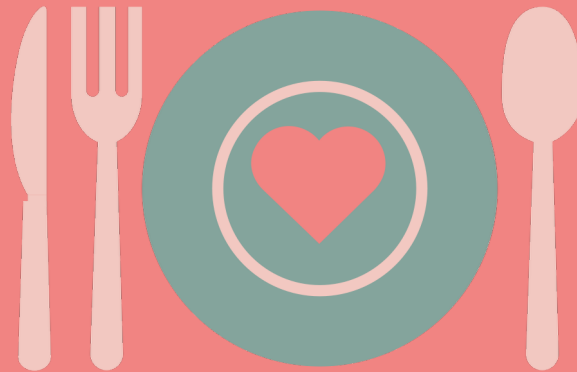


Menopause Angel

THE NO NONSENSE
GUIDE TO
REINVENTING YOURSELF



FOOD DIARY

The Proven Way to Balance your Hormones and Lose Belly Bloat

Julie Regan

What you need to record Every Day

What you eat and drink (including snacks, sweets, drinks)

The time that you eat or drink

Log down how you feel before and after you eat (ideally 2 hours later)

Bored, stressed, happy, bloated etc

This gives us a great starting point to analyse your current diet and add or reduce any foods that are not working for you.

What you need to record Every Day

TIME	DESCRIPTION	FEELING: BEFORE & AFTER	

What you need to record Every Day

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