

FOOD LOG

KELLY SCHMIDT WELLNESS

www.kellyschmidtwellness.com | @diabeticdietitian

How did each meal make
you feel?

Breakfast:

Lunch:

Dinner:

Snacks:

3-Part Meal Formula

1. Protein (1/4-1/3 plate)
2. Fiber (1/2 plate of fruit and veg)
3. Healthy fats (olive oil, avocado, nuts, seeds)