

Breakfast Experiments

SECONDARY FOODS
NUTRITION EDUCATION

Experimenting with different foods is a fantastic way to tune into your bio-individual needs. Breakfast is an especially great time to experiment, as it sets the tone for the rest of your day. Jot down what you eat and how you feel, both right after eating and again two hours later. Sit quietly after you eat and reflect. Note how your energy levels, mood, and physical symptoms are affected by the food in your body.

Day 1: eggs



Day 2: scrambled tofu



Day 3: oatmeal or any grain product



Day 4: boxed breakfast cereal



Day 5: muffin & coffee



Day 6: fresh fruit



Day 7: fresh vegetables



	WHAT I ATE	HOW I FEEL RIGHT AFTER	TWO HOURS LATER
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			