

## 3-2-1 FOOD FRAMEWORK

Each time you eat, try to include a food from each nutrient category (protein, carb, fat, fiber) with each meal and at least two with each snack. Rate your hunger/fullness before and after eating.

Meal	Nutrients	Hunger Levels Before	Hunger Levels After
Breakfast	Protein:	0-10	0-10
	Carbohydrate:		
	Fat:		
	Fiber:		
Morning Snack	#1:	0-10	0-10
	#2:		
Lunch	Protein:	0-10	0-10
	Carbohydrate:		
	Fat:		
	Fiber:		



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HEALTH THROUGH NUTRITION

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Meal	Nutrients	Hunger Levels Before	Hunger Levels After
Afternoon Snack	#1:	0-10	0-10
	#2:		
Dinner	Protein:	0-10	0-10
	Carbohydrate:		
	Fat:		
	Fiber:		
Dessert		0-10	0-10



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HEALTH THROUGH NUTRITION

# Am I Hungry Or Full?

Famished

Starving

Hungry

Tummy Growls

Satisfied

Full

Super Full

Painful

Beyond Bloating

Gonna Be Sick

1 2 3 4 5 6 7 8 9 10

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