

NAME: _____

DIET PROFILE

DATE: _____

Metabolism: Fast Slow Sluggish	Cravings: Sweet Sour Salty Bitter
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List all food and drink consumed and amounts. How often are you consuming them?

Fluids: (water, regular coffee, regular tea, herbal teas, pops, energy drinks, protein drinks, alcohol)

Dairy: (cow milk, goat milk, almond, soy coconut, hemp milks, yogurt, cottage cheese, types of cheeses, eggs)

Fats: (butter, margarine, olive, grapeseed, coconut, avocado, sunflower, canola, corn oil, bought salad dressings)

Proteins: (red meat - beef, pork), (wild meat - deer, moose, bison, elk, caribou), (poultry - chicken, turkey, ostrich, duck), (fish - salmon, tuna, trout, pickerel, tilapia, other), (shellfish - lobster, crab, shrimp, scallop, other), (beans - type) (protein powder - type)

Starches: (breads, rice, pastas, cereals, crackers, potatoes, starchy vegetables)

Vegetables: (fresh, raw, cooked)

Fruit:

Snacks: