

NATURAL BODY MAN'S FOOD JOURNAL



Eating good foods can bring out the better of us in our lives. By choosing the right foods, we can energize our bodies, and be more attractive from the inside to the outside. Refer to the recommended foods on the top section of each category. Fill out the foods you eat on the bottom section for each category.

Breakfast	Oatmeal, egg whites, high fiber cereal, some fruit, vegetables
Lunch	Turkey, chicken, salad – light dressing, tuna, dark bread, vegetables
Dinner	Chicken, Salmon, White fish, sweet potato, vegetables
Snacks	Yogurt, nuts, seeds, beans, fish – olive- canola oils, cottage cheese
Liquids	Lots and lots of water, No soda, Juice from the fruits

Note: These foods are just the favorite foods of NaturalBodyMan to eat on a regular basis. These foods are not meant as a medical advice. The information on this website should not be used to diagnose or treat any disease, illness, metabolic disorder, or other health problem. Always consult your physician or health care provider before beginning any nutrition or exercise program. Use of the information of this website is to the sole choice and risk of the reader.