



Free 7 Day Diet Journal

THE TUESDAY CLUB

www.foodintol.com

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INTRODUCTION

Hi and welcome to the **7 Day Diet Journal**. This is a free downloadable journal so you can try our methodology before you join The Tuesday Club.

It is **NOT** designed to identify your problem foods. To get *positive identification* of your food intolerance you need **The Detection Diet 35 Day** journal (through The Tuesday Club).

Food intolerance symptoms are rather mild, slow to appear and long-term. On the other hand, Food Allergies tend to be characterised by sudden onset, fairly severe reactions – often respiratory (coughing, rhinitis, asthma) or *sudden* skin reactions like hives or rashes. If your symptoms indicate Food Allergy then you should refer to your doctor.

Food Intolerance is harder to connect with a particular food because reactions are much slower - sometimes a couple of days later. Symptoms are milder, sometimes just there in the background and usually involve a problem of the digestive tract - nausea, diarrhea, stomach bloating - in addition to other symptoms like headache, fluid retention, cravings, weight gain, dizziness or chronic fatigue (lethargy). Because of all this it is *essential to keep a journal*.

The Importance of Careful Observation

One of the most common failings of those doing amateur investigations is the lack of careful observation. I mean detailed, methodical, recorded examination of what is going on. We can all see, right? It seems too easy to glance at something and say we have observed it closely.

- Use your free **7 Day Diet Journal** to observe your symptoms and record all food and drink consumption. This will make you familiar with the methodology used in The Detection Diet.

The other part of successful observation is **Review**. Every few days take a moment to read back over what you have written in your journal. Patterns will begin to emerge which you never suspected. (*I never knew I ate so much carbohydrate! I eat so much red meat! . . . or I hardly ever eat red meat . . . or fish etc.*)

Start on a Tuesday

Our research has shown that most people have very busy weeks followed by even more frantic weekends - especially those with children, professional lives, social lives and extended families. There is already enough crammed into Mondays, Wednesdays and Fridays. Thursday is too close to the end of the week to start anything new. Saturday and Sunday? Forget it!

Different from The Detection Diet 35 Day Journal

This free journal will introduce you to some of the methods used by The Tuesday Club journals. It will NOT identify your food intolerance.

To ***positively identify your problem food*** you need to observe three distinct phases:

1. Control Phase/Review
2. Restriction Phase/Review
3. Challenge or Test Phase/Review

In the **Detection Diet 35 Day Journal** you are taken through each of these phases in an easy format. Every step of the way is fully described and guided. Anybody can do it and get great results in around a month.

What's more - ***results are guaranteed!***

Imagine being **free** of those chronic symptoms ***permanently!***

For more information go to www.foodintol.com and click the links to The Tuesday Club.

I want you to be well!

My best regards

Deborah

Deborah Manners

Chief Executive

No Whey Pty Ltd

Frequently Asked Questions

1. What is the 7 Day Diet Journal?

It is a practice journal for you to become familiar with how to observe your eating habits.

2. Why must I keep a journal?

Keeping a journal puts *system* into your exploration. Without exact records of what you ate, how and when it affected you, there can be no actual progress. How can you know if it is dairy, yeast or wheat that upset you? Only with the small effort of keeping a journal. It has places to record foods eaten, responses observed (if any) and importantly the dates of each.

You should keep your journal from the start. That is, ***even before*** you change your diet write down all your symptoms even if they don't seem to be related to food: headache, diarrhea, coughing, the condition of your nails and hair, tiredness (lethargy or fatigue), nausea, even depression and moodiness.

The act of writing it all down serves to teach you better than just thinking about it or talking with friends. In addition writing your observations will preserve memories of the symptoms much better. We don't remember everything.

An excerpt from my diary:

It is amazing how when I am feeling well I can be tempted by an offending food. (It looks so good!) And now that I'm healthy, I simply don't remember how bad the symptoms felt.

I think - well how bad could it have been? *But referring to my journal, reminds me how awful I felt, and how long the symptom took to appear and then subside. Sometimes days of misery for just one wrong food. It's not worth it!*

Keep your journal in a handy place - say on a shelf in the kitchen where you can refer to it frequently. Don't put it away!

3. What can I expect?

- Expect to better understand and appreciate your body. This is an exploration.
- Expect to notice things after about a week: allow your body to talk to you. Allow yourself time to listen and see.

The 7 Day Diet Journal

The idea is to write down everything you eat in a 7 day period and all of your symptoms. Perhaps there is symptomatic relief which you take routinely: paracetamol for headache, topical creams for eczema, antacid for upset stomach, sinus relief for sinusitis etc. Write it all in your journal. **Write down everything you consume** including snacks and drinks like coffee, soft drinks and beer, wine and spirits.

Record all symptoms. If you are feeling well, record it. *No sinus pain today! No headache for 2 days! etc.*

Symptoms of food intolerance generally happen so long after the offending food is eaten that it is difficult to associate the two. Yet this simple method of careful observation and recording will begin to prove invaluable.

Keep your journal somewhere handy – say in the kitchen and refer to it frequently, even long after you have finished the diet and identified the foods.

IMPORTANT: For all your journal entries

- ❖ ***RECORD ALL FOODS EATEN EVERY DAY.***
- ❖ ***USE ONE ROW FOR EACH SYMPTOM.***
- ❖ ***THERE IS A NEW PAGE FOR EVERY DAY OF THE DIET. USE ONE PAGE A DAY.***

Day 1 (Tuesday)

Day	Meal	Foods eaten	Supplements & medications
Day 1 (Insert date) _/ _/ _	Breakfast		
	Morning tea		
	Lunch		
	Afternoon		
	Dinner		
	Supper		

DAY 1 SYMPTOMS: *Use one line for each symptom*

Symptom name & type (e.g. skin disorder, neurological, respiratory etc.)	How severe are the symptoms?

Day 2 (Wednesday)

Day	Meal	Foods eaten	Supplements & medications
Day 1 (Insert date) _/ _/ _	Breakfast		
	Morning tea		
	Lunch		
	Afternoon		
	Dinner		
	Supper		

DAY 2 SYMPTOMS: *Use one line for each symptom*

Symptom name & type (e.g. skin disorder, neurological, respiratory etc.)	How severe are the symptoms?

Day 3 (Thursday)

Day	Meal	Foods eaten	Supplements & medications
Day 1 (Insert date) _/_/_	Breakfast		
	Morning tea		
	Lunch		
	Afternoon		
	Dinner		
	Supper		

DAY 3 SYMPTOMS: Use one line for each symptom

Symptom name & type (e.g. skin disorder, neurological, respiratory etc.)	How severe are the symptoms?

Day 4 (Friday)

Day	Meal	Foods eaten	Supplements & medications
Day 1 (Insert date) _/ _/ _	Breakfast		
	Morning tea		
	Lunch		
	Afternoon		
	Dinner		
	Supper		

DAY 4 SYMPTOMS: *Use one line for each symptom*

Symptom name & type (e.g. skin disorder, neurological, respiratory etc.)	How severe are the symptoms?

Day 5 (Saturday)

Day	Meal	Foods eaten	Supplements & medications
Day 1 (Insert date) _/ _/ _	Breakfast		
	Morning tea		
	Lunch		
	Afternoon		
	Dinner		
	Supper		

DAY 5 SYMPTOMS: Use one line for each symptom

Symptom name & type (e.g. skin disorder, neurological, respiratory etc.)	How severe are the symptoms?

Day 6 (Sunday)

Day	Meal	Foods eaten	Supplements & medications
Day 1 (Insert date) _/ _/ _	Breakfast		
	Morning tea		
	Lunch		
	Afternoon		
	Dinner		
	Supper		

DAY 6 SYMPTOMS: Use one line for each symptom

Symptom name & type (e.g. skin disorder, neurological, respiratory etc.)	How severe are the symptoms?

Day 7 (Monday)

Day	Meal	Foods eaten	Supplements & medications
Day 1 (Insert date) _/_/_	Breakfast		
	Morning tea		
	Lunch		
	Afternoon		
	Dinner		
	Supper		

DAY 7 SYMPTOMS: *Use one line for each symptom*

Symptom name & type (e.g. skin disorder, neurological, respiratory etc.)	How severe are the symptoms?

The 7 Day Review

As stated previously, this Free 7 Day Journal is **WILL NOT** identify your problem foods. For that you need to do the three important phases: Control Phase, Restriction Phase and Challenge Phase. See the Detection Diet 35 Day Journal.

What this journal does is *allow you to become familiar with the observation methodology* used in The Tuesday Club Journals.

Take some time to read over all the symptoms and comments you have recorded in your journal for the last 7 days. Have you noticed any patterns in your eating? The foods? The timing of meals? Do you stick with favourite things or eat a wide variety of foods?

Do you notice your symptoms seem to happen in a pattern too?

CONCLUSION

Now that you have finished 7 days of observation, you will understand why it's so important to keep a journal, and you should now be familiar and comfortable with the methodology.

Now you are ready to positively identify your problem food.

The **Detection Diet 35 Day Journal** is *fully guaranteed* to pinpoint which foods are causing your problems. You'll find it in **The Tuesday Club**.

So what are you waiting for? Click here for [The Tuesday Club](#) or go to www.foodintol.com