

I plan my days in meals rather than activities.  
That's why I found it infinitely easier to keep a  
daily food journal than any other diary. Remembering  
the food I ate makes it easier to also remember my  
days in between those meals.

For the whole month of December 2016, I documented  
everything I ate in detail.

1 Dec 2016



2 Dec 2016



3 Dec 2016



4 Dec 2016



5 Dec 2016



6 Dec 2016



7 Dec 2016



8 Dec 2016



9 Dec 2016



10 Dec 2016



11 Dec 2016



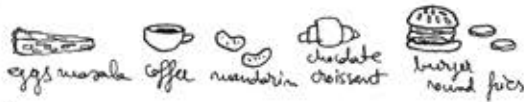
12 Dec 2016



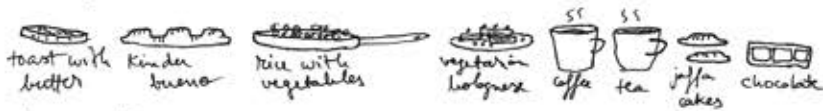
13 Dec 2016



14 Dec 2016



15 Dec 2016



16 Dec 2016



17 Dec 2016



18 Dec 2016



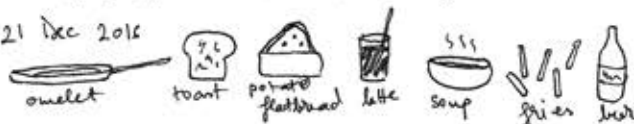
19 Dec 2016



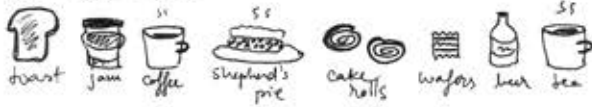
20 Dec 2016



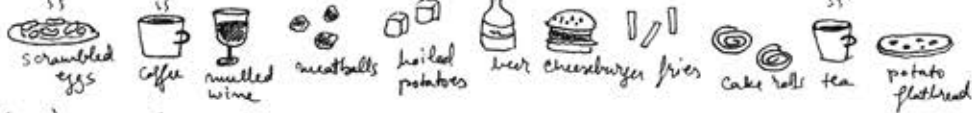
21 Dec 2016



22 Dec 2016



23 Dec 2016



24 Dec 2016



25 Dec 2016



26 Dec 2016



27 Dec 2016



28 Dec 2016



29 Dec 2016



30 Dec 2016



31 Dec 2016

