

# MyDiet Diary



A **simple** way to establish & maintain your  
daily diet and exercise routine!

La Donna Finnels-Neal

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A simple way to establish & maintain your  
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# My Diet Diary



## Introduction

**MY DIET DIARY** focuses on helping you achieve your weight loss goals by keeping a daily record of your eating and exercise habits. The purpose of recording your daily meals, exercise, and overall attitude is to try to help you find a pattern in your diet, and possibly recognize what makes you overeat or eat unhealthily. By looking back through the diary and assessing your behavior, you may be able to recognize and correct destructive dieting patterns.

### MY PROFILE

At the beginning of the diary, you will complete the “My Profile” page, which gives an assessment of your weight and measurements and serves as a starting point to the diary. You will also write your goals for the next one to three months, whether they are to lose weight, lose inches, or just create a healthier lifestyle.

### PHOTO

You will take a snapshot of yourself in an outfit such as workout gear, or a swimsuit (no jogging pants or sweatshirts). This picture will serve as a visual assessment of your current status, and as a motivator as you go through the diary.

### HELPFUL INFORMATION

My Diet Diary contains helpful Sample Menus as well as Ideal Weight and BMI Charts to help you achieve your weight loss goals.

# Getting Started

## My Diet Diary



### Step 1 – Complete Your Profile

To begin the diary, complete the “My Profile” page. Next, take a snapshot of yourself in workout gear or a swimsuit and tape it to the “Photo” page. Starting your diary at the beginning of a month is recommended. Each session allows for 31 day; however, you can begin the diary on any day of the month.

### Step 2 – Daily Journal

When following the diary, you will write down each of your meals (snacks and drinks included) each day. Use the “Wellness” section of each page to describe what the day was like and how you felt. Give yourself kudos for having a healthy eating day or for pushing yourself to exercise. Record all exercises for that day in the “Exercise” section of the page.

### Step 3 – Progress Report

On the last day of each session, you will once again take an assessment of your body by filling out your “Progress Report”. You will weigh yourself, take your body measurements, and compare them to the previous report. Did you lose pounds? Inches? Pound and inches? In the “Notes” section of the page, you will summarize the session. Are you more energetic? Are you on track to achieving your goals? Are you recognizing destructive dieting patterns?

On the “Progress Report” page, you will also rate your overall achievement for the session. Giving yourself a rating of “1”, means you have met all of your goals for the session and are on the fast track to achieving success. A rating of “2” means you met some of your goals, but could have tried harder. A “3” rating means you did not meet most of your goals. If you met most of your goals, reward yourself a little, but remember to REMAIN ON TRACK. If you did not do as well as you hoped, use the “Progress Report” as motivation to do better the next session.

### Step 4 – Photo Page

After completing your progress report, you will take a snapshot of yourself and place it on the “Photo” page. You should wear the same clothing that was worn in your very first snapshot to make the best comparison. Compare the snapshot to the previous picture to determine if you can see any visual differences in your body.

You will repeat steps Two through Four until you’ve reached your goal. You can continue using “My Diet Diary” to track your eating habits even after your goals are met. Remember to use the “Sample Menus” if needed.

Best Wishes and Good Luck!

# MyDiet Diary



## Ideal Weight Chart FOR WOMEN

HEIGHT	SMALL FRAME	MEDIUM FRAME	LARGE FRAME
4'10"	102-111	109-121	118-131
4'11"	103-113	111-123	120-134
5'0"	104-115	113-126	122-137
5'1"	106-118	115-129	125-140
5'2"	108-121	118-132	128-143
5'3"	111-124	121-135	131-147
5'4"	114-127	124-138	134-151
5'5"	117-130	127-141	137-155
5'6"	120-133	130-144	140-159
5'7"	123-136	133-147	143-163
5'8"	126-139	136-150	146-167
5'9"	129-142	139-153	149-170
5'10"	132-145	142-156	152-173
5'11"	135-148	145-159	155-176
6'0"	138-151	148-162	158-179

Weights are in lbs and assume light clothing. Height is in stocking feet.  
Weight ranges allow for frame size and musculature variations.  
1" = 2.54 cm. 1lb = 0.454 kg.



## Body Mass Index

The table below has already done the math and metric conversions to determine your BMI. To use the table, find the appropriate height in the left column. Move across the row to the given weight. The number at the top of the column is the BMI for that height and weight.

BMI		Waist less than or equal to 40 in. (men) or 35 in. (women)	Waist greater than 40 in. (men) or 35 in. (women)
18.5 or less	Underweight	--	N/A
18.5 - 24.9	Normal	--	N/A
25.0 - 29.9	Overweight	Increased	High
30.0 - 34.9	Obese	High	Very High
35.0 - 39.9	Obese	Very High	Very High
40 or greater	Extremely Obese	Extremely High	Extremely High

BMI (kg/m <sup>2</sup> )	19	20	21	22	23	24	25	26	27	28	29	30	35	40
Height (in.)	Weight (lb.)													
58	91	96	100	105	110	115	119	124	129	134	138	143	167	191
59	94	99	104	109	114	119	124	128	133	138	143	148	173	198
60	97	102	107	112	118	123	128	133	138	143	148	153	179	204
61	100	106	111	116	122	127	132	137	143	148	153	158	185	211
62	104	109	115	120	126	131	136	142	147	153	158	164	191	218
63	107	113	118	124	130	135	141	146	152	158	163	169	197	225
64	110	116	122	128	134	140	145	151	157	163	169	174	204	232
65	114	120	126	132	138	144	150	156	162	168	174	180	210	240
66	118	124	130	136	142	148	155	161	167	173	179	186	216	247
67	121	127	134	140	146	153	159	166	172	178	185	191	223	255
68	125	131	138	144	151	158	164	171	177	184	190	197	230	262
69	128	135	142	149	155	162	169	176	182	189	196	203	236	270
70	132	139	146	153	160	167	174	181	188	195	202	207	243	278
71	136	143	150	157	165	172	179	186	193	200	208	215	250	286
72	140	147	154	162	169	177	184	191	199	206	213	221	258	294
73	144	151	159	166	174	182	189	197	204	212	219	227	265	302
74	148	155	163	171	179	186	194	202	210	218	225	233	272	311
75	152	160	168	176	184	192	200	208	216	224	232	240	279	319
76	156	164	172	180	189	197	205	213	221	230	238	246	287	328

# My Diet Diary



Date: \_\_\_\_\_

## My Profile

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Current Weight: \_\_\_\_\_

Goal Weight: \_\_\_\_\_

### MEASUREMENTS

Current

Goal

Biceps: R: \_\_\_\_\_ L: \_\_\_\_\_

R: \_\_\_\_\_ L: \_\_\_\_\_

Chest: \_\_\_\_\_

\_\_\_\_\_

Waist: \_\_\_\_\_

\_\_\_\_\_

Hips: \_\_\_\_\_

\_\_\_\_\_

Thighs: R: \_\_\_\_\_ L: \_\_\_\_\_

R: \_\_\_\_\_ L: \_\_\_\_\_

Calves: R: \_\_\_\_\_ L: \_\_\_\_\_

R: \_\_\_\_\_ L: \_\_\_\_\_

Goals:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Date:

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My Diet  
Diary



Photo

PLACE  
YOUR  
PHOTO  
HERE

# My Diet Diary



Date: \_\_\_\_\_

Breakfast \_\_\_\_\_

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Snack \_\_\_\_\_

Lunch \_\_\_\_\_

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Snack \_\_\_\_\_

Exercise \_\_\_\_\_

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Wellness \_\_\_\_\_

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Total Calories \_\_\_\_\_

Date:

# My Diet Diary



Breakfast \_\_\_\_\_  
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Wellness \_\_\_\_\_  
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Total Calories \_\_\_\_\_

# My Diet Diary



Date: \_\_\_\_\_

## Progress Report

### Weight

Beginning: \_\_\_\_\_

Current: \_\_\_\_\_

Weight Loss Total: \_\_\_\_\_

Rating (circle one)		
1	2	3

Beginning

Current

Biceps: R: \_\_\_\_\_ L: \_\_\_\_\_

R: \_\_\_\_\_ L: \_\_\_\_\_

Chest: \_\_\_\_\_

\_\_\_\_\_

Waist: \_\_\_\_\_

\_\_\_\_\_

Hips: \_\_\_\_\_

\_\_\_\_\_

Thighs: R: \_\_\_\_\_ L: \_\_\_\_\_

R: \_\_\_\_\_ L: \_\_\_\_\_

Calves: R: \_\_\_\_\_ L: \_\_\_\_\_

R: \_\_\_\_\_ L: \_\_\_\_\_

Total Inches Lost: \_\_\_\_\_

Notes:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Date:

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My Diet  
Diary



Photo

PLACE  
YOUR  
PHOTO  
HERE

# My Diet Diary



## Creating a Basic Daily Diet Plan

### 1200 Calorie Diet Plan

Breakfast: 1 Protein + 1 Fruit (+ vegetables if desired)

Lunch: 1 Protein + 1 Vegetable + Leafy Greens + 1 Taste Enhancer

Snack: 1 Protein Snack + 1 Fruit or Vegetable

Dinner: 1 Protein + 1 Starch/Grain + 2 Vegetables + Leafy Greens +  
1 Taste Enhancer

Snack: 1 Fruit

### 1500 Calorie Diet Plan

Breakfast: 1 Protein + 1 Fruit (+ vegetables if desired)

Lunch: 1 Protein + 1 Vegetable + Leafy Greens + 1 Starch + 1 Taste  
Enhancer + 1 Fruit

Snack: 1 Protein Snack + 1 Vegetable

Dinner: 2 Protein + 1 Starch/Grain + 2 Vegetable + Leafy Greens + 1  
Taste Enhancer

Snack: 1 Fruit

### 1800 Calorie Diet Plan

Breakfast: 1 Protein + 1 Fruit (+ vegetables if desired)

Snack: 1 Protein Snack

Lunch: 2 Protein + 2 Vegetable + Leafy Greens + 1 Starch/Grain + 1  
Taste Enhancer + 1 Fruit

Snack: 1 Protein Snack + 1 Fruit or Vegetable

Dinner: 2 Protein + 1 Starch/Grain + 2 Vegetable + Leafy Greens + 1  
Taste Enhancer

Snack: 1 Fruit



## Creating a Basic Daily Diet Plan

### Grain Units:

- ½ cup (150g) cooked grain (rice, pasta, quinoa, etc), beans, lentils, corn kernels or peas
- 1 slice whole grain bread
- ½ large potato, white or sweet
- 1 cup (250g) cooked rolled oats
- 2 corn tortillas

### Protein Snacks:

- 1 ounce (30g) roasted soy nuts
- 1 cup (250 ml) nonfat or low-fat milk
- 4 tablespoons (60g) hummus
- ½ cup (125g) nonfat cottage cheese or flavored yogurt
- 1 ounce (30g) low-fat mozzarella cheese
- ½ cup (85 g) edamame soybeans

### Taste Enhancers:

- 2 teaspoons (10 ml) olive, canola, sunflower or safflower oil
- 2 Tablespoons (30g) reduced-calorie salad dressing
- ¼ medium avocado
- small handful of nuts
- ½ ounce (15g) grated Parmesan cheese
- 1 Tablespoon (20g) jam, jelly, honey, syrup, sugar
- 2 Tablespoons (30g) light cream for coffee
- 2 Tablespoons (30g) ketchup
- 2 Tablespoons (30g) low fat sour cream or low fat mayonnaise

# My Diet Diary



## Creating a Basic Daily Diet Plan

### Protein Units:

- 1 cup (250g) plain or vanilla nonfat yogurt or nonfat cottage cheese
- 3 ounces (85g) cooked poultry or lean meat
- 4 ounces (100g) cooked fish or shellfish
- 2 scoops Herbalife Formula 1 + 1 cup (250 ml) nonfat or low-fat milk\*
- 1 whole egg + 4 egg whites OR 7 egg whites
- 5 ounces (125g) tofu

### Fruit Units:

- 1 cup (80g) of cut fruit or berries
- 1 average piece of fruit (apple, orange, banana, etc)
- 1 small handful of dried fruit
- ½ cup (125 ml) 100% fruit juice
- VEGETABLE – With the exception of starchy vegetables (such as corn and peas, which are listed with the starches) vegetables have the fewest calories per bite of any foods. In fact, the calories in leafy greens such as lettuce are so low, that they can be eaten in any amount.

### Vegetable Units:

- 1 cup (80g) any vegetable
- Leafy greens – any amount.
- STARCH/GRAIN – The foods listed in this group are whole grain – they provide more vitamins, minerals and fiber than refined “white” starches like white rice or white bread. Try to choose whole grains whenever possible.

# 1800 Calories

My Diet  
Diary



## Breakfast

1 cup (250g) plain nonfat yogurt  
1 banana, sliced  
Sprinkle with nutmeg

## Snack

1 ounce (30g) low-fat mozzarella cheese

## Lunch

8 ounces (200g) grilled halibut  
2 cups (80g) steamed asparagus with lemon  
½ cup (150g) whole grain pasta  
Mixed leafy greens salad – any amount  
2 Tablespoons (30g) reduced calorie salad dressing  
1 cup (80g) berries

## Snack

½ cup (125g) nonfat cottage cheese  
1 cup (80g) chopped mixed raw vegetables  
season with salt, pepper, dried dill or chives

## Dinner

6 ounces (170g) grilled lean steak  
2 cups (160g) roasted Brussels sprouts (halve, toss with olive oil, roast at 400 F / 205 C for 20 minutes)  
2 tsp. (10 ml) olive oil (for Brussels sprouts)  
Steamed kale, spinach or Swiss chard with vinegar  
½ small sweet potato sprinkled with ginger

## Snack

1 cup (80g) diced fresh pineapple

# My Diet Diary



**1800**  
Calories

## Breakfast

1 cup (250g) nonfat cottage cheese  
1 cup (80g) strawberries  
Sprinkled with cinnamon

## Snack

½ cup (125g) nonfat vanilla yogurt

## Lunch

Large Salad made with:  
Leafy greens (lettuce, spinach) – any amount  
2 cups (160g) chopped mixed vegetables (carrots, peppers, tomato)  
6 ounces (170g) grilled chicken breast  
½ cup (150g) cooked white beans  
2 TBS (30g) reduced-calorie salad dressing  
1 tangerine

## Snack

1 ounce (30g) soy nuts  
Carrot and celery sticks

## Dinner

8 ounces (200g) grilled salmon with lemon  
2 cups (160g) steamed green beans with garlic  
½ cup (150g) cooked brown rice  
large leafy green salad – any amount  
2 TBS (30g) reduced calorie salad dressing

## Snack

1 orange

# 1800 Calories

MyDiet  
Diary



## Breakfast

1 whole egg + 4 egg whites scrambled in nonstick pan with spray  
Topped with tomato salsa + 1 cup (80g) cut melon

## Snack

½ cup (125g) nonfat cottage cheese

## Lunch

Chicken and veggie stir-fry. Sauté together tofu, chicken + veggies:

5 ounces (125g) firm tofu, cut into cubes

3 ounces (85g) chicken breast, cut into strips

2 cups (80g) broccoli florets + large bunch fresh spinach leaves

2 tsp. (10 ml) oil to stir-fry

Season with soy sauce, garlic, pepper and ginger

½ cup (150g) steamed brown rice

½ medium mango

## Snack

4 TBS (60g) prepared hummus + 1 cup (80g) baby carrots

## Dinner

Grain salad with protein. Toss together:

8 ounces (200g) grilled shrimp

½ cup (150g) cooked quinoa

2 cups (160g) chopped mixed vegetables (tomatoes, peppers,  
carrots, cucumber, onion)

2 TBS (30g) reduced calorie vinaigrette dressing

Place on a bed of leafy greens

## Snack

1 fresh orange

# MyDiet Diary



**1500**  
Calories

## Breakfast

1 whole egg + 4 egg whites scrambled in nonstick pan with spray  
Topped with tomato salsa  
1 cup (80g) cut melon

## Snack

1 fresh orange

## Lunch

Veggie stir-fry. Sauté together tofu and veggies:  
5 ounces (125g) firm tofu, cut into cubes  
1 cup (80g) broccoli florets  
Large bunch fresh spinach leaves  
2 tsp. (10 ml) oil to stir-fry  
Season with soy sauce, garlic, pepper and ginger  
½ cup (150g) steamed brown rice  
½ medium mango

## Snack

4 TBS (60g) prepared hummus  
1 cup (80g) baby carrots

## Dinner

Grain salad with protein. Toss together:  
8 ounces (200g) grilled shrimp  
½ cup (150g) cooked quinoa  
2 cups (160g) chopped mixed vegetables (tomatoes, peppers,  
carrots, cucumber, onion)  
2 TBS (30g) reduced calorie vinaigrette dressing  
Place on a bed of leafy greens



# 1500 Calories

## Breakfast

1 cup (250g) plain nonfat yogurt  
1 banana, sliced  
Sprinkle with nutmeg

## Snack

1 cup (80g) diced fresh pineapple

## Lunch

4 ounces (100g) grilled halibut  
1 cup (80g) steamed asparagus with lemon  
½ cup (150g) whole grain pasta  
Mixed leafy greens salad – any amount  
2 TBS (30g) reduced calorie salad dressing  
1 cup (80g) berries

## Snack

½ cup (125g) nonfat cottage cheese  
1 cup (80g) chopped mixed raw vegetables (carrot, red pepper and broccoli florets are a nice combination)  
season with salt, pepper, dried dill or chives

## Dinner

6 ounces (170g) grilled lean steak  
2 cups (160g) roasted Brussels sprouts (halve, toss with olive oil, roast at 400 F / 205 C for 20 minutes)  
2 tsp. (10 ml) olive oil (for Brussels sprouts)  
Steamed kale, spinach or Swiss chard with vinegar  
½ small sweet potato sprinkled with ginger

# My Diet Diary



**1500**  
Calories

## Breakfast

1 cup (250g) nonfat cottage cheese  
1 cup (80g) strawberries  
Sprinkled with cinnamon

## Snack

1 orange

## Lunch

Large salad made with:

Leafy greens (lettuce, spinach) – any amount  
1 cup (80g) chopped mixed vegetables (carrots, peppers, tomato)  
3 ounces (85g) grilled chicken breast  
½ cup (150g) cooked white beans  
2 TBS (30g) reduced-calorie salad dressing  
1 tangerine

## Snack

1 ounce (30g) soy nuts  
Carrot and celery sticks

## Dinner

8 ounces (200g) grilled salmon with lemon  
2 cups (160g) steamed green beans with garlic  
½ cup (150g) cooked brown rice  
Mixed leafy greens salad – any amount  
2 TBS (30g) reduced calorie salad dressing



# 1200 Calories

## Breakfast

1 whole egg + 4 egg whites scrambled in nonstick pan with spray  
Topped with tomato salsa  
1 cup (80g) cut melon

## Snack

4 TBS (60g) prepared hummus  
1 cup (80g) baby carrots

## Lunch

Veggie stir-fry. Sauté together:  
5 ounces (125g) firm tofu, cut into cubes  
1 cup (80g) broccoli florets  
Large bunch fresh spinach leaves  
2 tsp. (10 ml) oil to stir-fry  
Season with soy sauce, garlic, pepper and ginger

## Snack

1 orange

## Dinner

Grain salad with protein. Toss together:  
4 ounces (100g) grilled shrimp  
½ cup (150g) cooked quinoa  
2 cups (160g) chopped mixed vegetables (tomatoes, peppers,  
carrots, cucumber, onion)  
2 TBS (30g) reduced calorie vinaigrette dressing.  
Place on a bed of leafy greens

# MyDiet Diary



**1200**  
Calories

## Breakfast

1 cup (250g) nonfat cottage cheese  
1 cup (80g) strawberries  
Sprinkled with cinnamon

## Snack

1 orange

## Lunch

Large salad made with:  
Leafy greens (lettuce, spinach) – any amount  
1 cup (80g) chopped mixed vegetables (carrots, peppers, tomato)  
3 ounces (85g) grilled chicken breast  
2 tablespoons (30g) reduced calorie salad dressing

## Snack

1 ounce (30g) soy nuts  
1 fresh apple

## Dinner

4 ounces (100g) grilled salmon with lemon  
2 cups (160g) steamed green beans with garlic  
½ cup (150g) cooked brown rice  
large leafy green salad – any amount  
2 Tablespoons (30g) reduced calorie salad dressing



# 1200 Calories

## Breakfast

1 cup (250g) plain nonfat yogurt  
1 banana, sliced  
Sprinkle with nutmeg

## Snack

½ cup (125g) nonfat cottage cheese  
1 cup (80g) chopped mixed raw vegetables  
season with salt, pepper, dried dill or chives

## Lunch

4 ounces (100g) grilled halibut  
1 cup (80g) steamed asparagus with lemon  
Mixed leafy greens salad – any amount  
2 TBS (30g) reduced calorie salad dressing

## Snack

1 cup (80g) diced fresh pineapple

## Dinner

3 ounces (85g) grilled lean steak  
2 cups (160g) roasted Brussels sprouts (halve, toss with olive oil, roast at 400 F / 205 C for 20 minutes)  
2 tsp. (10 ml) olive oil (for Brussels sprouts)  
Steamed kale, spinach or Swiss chard with vinegar – any amount  
½ small sweet potato sprinkled with ginger

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