Buddha's Diet buddhasdiet.com 1111

This is the first step of Buddha's Diet, tracking your current eating clock to gain insight. The next steps will move you towards a new eating clock. For guidance, next steps, and tips to make this form of intermittent fasting part of your life, visit buddhasdiet.com. The most important part of this step is to track when you first begin eating and when you stop. No need to track calories. But you must record every bite and every sip to learn when your eating clock starts and stops.

TIME	FOOD / Drink	Where / With Whom	Emotions
7:12 AM	TOAST, COFFEE WITH MILK	HOME, KIDS	STRESSED, OVERSLEPT