

Today's Food and Drink

Breakfast

Lunch

Dinner

Snack(s)

Beverages

Did you add anything to any of your beverages? Sweeteners, sugar, fake sugars, artificial sweeteners, slices of lemon, lime, orange, grapefruit, papaya, pineapple, cucumbers, strawberries, apples, cream, milk, creamer, nutmeg, cinnamon, hibiscus, coconut milk, lemongrass, anise, coriander, etc.? Be sure to list this too.

Please remember to share in the private Facebook group what you ate and drank today.

So glad you're a part of this Challenge!

21DayBloodSugarChallenge.com

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