



Post-Meal Energy & Cravings Tracker™

Notice which meals leave you satisfied and energized and which may be followed by sleepiness, hunger or cravings.

Use one page for a typical day. Record what you notice without labeling a meal as good or bad.

Date: _____ Sleep last night: Poor ☐ Fair ☐ Good ☐ Stress today: Low ☐ Moderate ☐ High ☐

MEAL 1 Time: _____

What I ate and drank: _____

How satisfied I felt afterward: Not satisfied ☐ Comfortable ☐ Too full ☐

Energy 30–90 minutes later: Low ☐ Steady ☐ Wired ☐ Hunger 2–3 hours later: None ☐ Mild ☐ Strong ☐

Cravings: None ☐ Sweet ☐ Salty ☐ Other: _____

Anything else I noticed: _____

MEAL 2 Time: _____

What I ate and drank: _____

How satisfied I felt afterward: Not satisfied ☐ Comfortable ☐ Too full ☐

Energy 30–90 minutes later: Low ☐ Steady ☐ Wired ☐ Hunger 2–3 hours later: None ☐ Mild ☐ Strong ☐

Cravings: None ☐ Sweet ☐ Salty ☐ Other: _____

Anything else I noticed: _____

MEAL 3 Time: _____

What I ate and drank: _____

How satisfied I felt afterward: Not satisfied ☐ Comfortable ☐ Too full ☐

Energy 30–90 minutes later: Low ☐ Steady ☐ Wired ☐ Hunger 2–3 hours later: None ☐ Mild ☐ Strong ☐

Cravings: None ☐ Sweet ☐ Salty ☐ Other: _____

Anything else I noticed: _____

SNACK, IF NEEDED Time: _____

What I ate and drank: _____

How satisfied I felt afterward: Not satisfied ☐ Comfortable ☐ Too full ☐

Energy 30–90 minutes later: Low ☐ Steady ☐ Wired ☐ Hunger 2–3 hours later: None ☐ Mild ☐ Strong ☐

Cravings: None ☐ Sweet ☐ Salty ☐ Other: _____

Anything else I noticed: _____

What I Noticed

Meals that kept me satisfied and steady: _____

Meals followed by sleepiness, hunger or cravings: _____

One combination I may try again or adjust: _____



Martine's Midlife Wellness Tip

Look for patterns across several days.
One unusual meal or stressful day rarely tells the whole story.



Energy, hunger and cravings can be influenced by sleep, stress, medications, activity and health conditions as well as food.