

KNITLANDERS

meaningful green living



Knitlanders Living Food Template

Instructions: Enter the date, time & what you consumed. Then choose the method, type of food and observation you had two hours later, and add notes as needed. Please let us know what you discover at cynthia@knitlanders.com or <http://knitlanders.wordpress.com>

			Cooking Method <i>Raw</i> <i>Steamed</i> <i>Baked</i> <i>Stewed</i> <i>Sauteed</i> <i>Fried</i> <i>Grilled</i> <i>Microwaved</i>	Type of Food <i>Organic</i> <i>Conventional</i> <i>Local</i> <i>In (or out) of Season</i> <i>Home-grown</i>	Observation Two Hours Later <i>Tired</i> <i>Alert</i> <i>Contemplative</i> <i>Mentally/Physically Energized</i> <i>Aggressive</i> <i>Sensitive</i>	
Date	Time	Food & Drink Eaten				Notes
<i>1/1/2007</i>	<i>12:00</i>	<i>salad, water</i>	<i>Raw</i>	<i>Home Grown</i>	<i>Alert</i>	<i>Just an example</i>

