



The Healthy Heart Miracle

DASH PLUS FOOD LOG

Instructions

Use your Food Log to note new recipes you tried that day, changes you made, foods you liked or didn't like, how you felt, shopping reminders, and any other helpful information.

You can use copies of this page or use any datebook or notebook.

Week _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

To download this form, go to www.healthyheartmiracle.com

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For more information refer to *The Healthy Heart Miracle* by Dr. Gabe Mirkin.
Available at bookstores everywhere and at Amazon.com. ISBN 0-06-019680-7