

ClarityDTX | GLP-1 Food Diary

Print this page. Fill in one row per day (or per event). Bring to your next appointment.

Date	Meal	Foods Eaten	Portion	Tolerated?	GI Symptoms	Notes

Quick Reference: Test one new food at a time. Note which foods sit well and which cause nausea. Keep safe foods list updated.

Free mobile app: claritydtx.com/glp-1/ | Free Notion template: clarityapps.notion.site