

My Favorite Food Tracking Hacks!

KetogenicWoman.com

Paper Food Tracking/Journaling

- Writing things down with pen and paper forms stronger connections in your brain.
- Many journals available from small purse size to large print desk use
- Easy to go back and see visually what worked

BOOKS



CLICK ON BOOKS TO VIEW

Electronic Tracking:

- Free Versions Offer a Lot of Value
- Ability to Scan barcodes
- Ability to Create and Modify Custom Foods and Recipes
- Extensive Database of Foods
- Can use on both Mobile and Computer

Recommended Tracking Apps (click to view)

[CarbManager](#)

[Cronometer](#)

General Tips:

- Find 4-5 Repetitive Meals to Use Over and Over during the Tracking Period
- Raw vs Cooked: My Weight Watchers Trick!
- Use the 'Easy' Button: Scan barcodes from Foods!
- During the Tracking Period Stick to Easy portion size foods such as Eggs, Burger Patties, Cans of Fish, Bacon.
- Harder to Track Foods Include Pork Belly, Beef Ribs, Chicken Wings, etc

