

An ordinary day, with the gap left honest

Job: reconstruct sequence and context without inventing precision.

EATING TIME	FOOD AND DRINK	RECORDED	CONTEXT
8:05 a.m.	Oatmeal with banana; coffee with milk	8:12 a.m.	At the desk while opening email
12:55 p.m.	Leftover pasta; side salad; water	1:03 p.m.	Lunch started late after a call
About 4 p.m.	Pretzels from a small bag	7:28 p.m.	Added later from the wrapper
7:35 p.m.	Two chicken tacos; beans; water	7:44 p.m.	At the table with a roommate

Shows: lunch ran late and the snack was easy to forget. Does not show: why the snack happened.



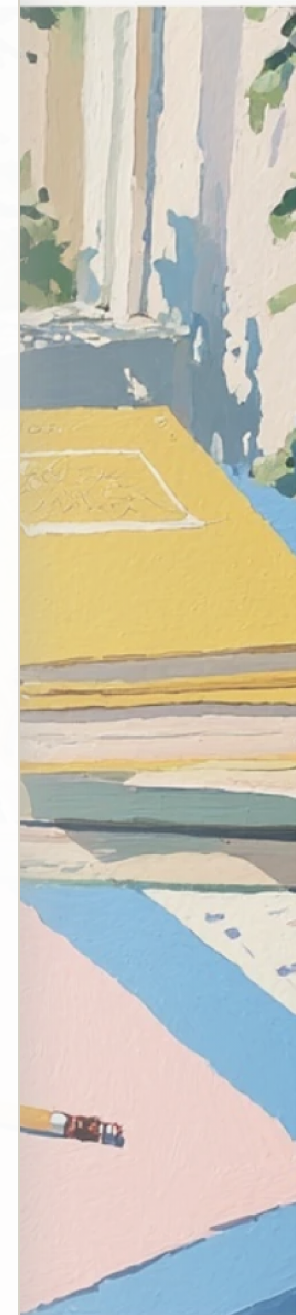
EXAMPLE 02 / MEAL PLANNING

Treat the plan as working material

Job: preserve what changed and what needs to carry forward.

OCCASION	MONDAY'S PLAN	WHAT HAPPENED	CARRY FORWARD
Breakfast	Overnight oats and berries	Ate as planned; used the last jar	Wash two jars
Lunch	Lentil curry and rice	Team lunch was added	Move curry to Tuesday
Afternoon	Apple and peanut butter	Peanut butter stayed home	Add a shelf-stable packet
Dinner	Sheet-pan chicken and vegetables	Late meeting; freezer dumplings	Move recipe to Wednesday

The useful unit is the handoff: refrigerate, move, restock, or shorten.



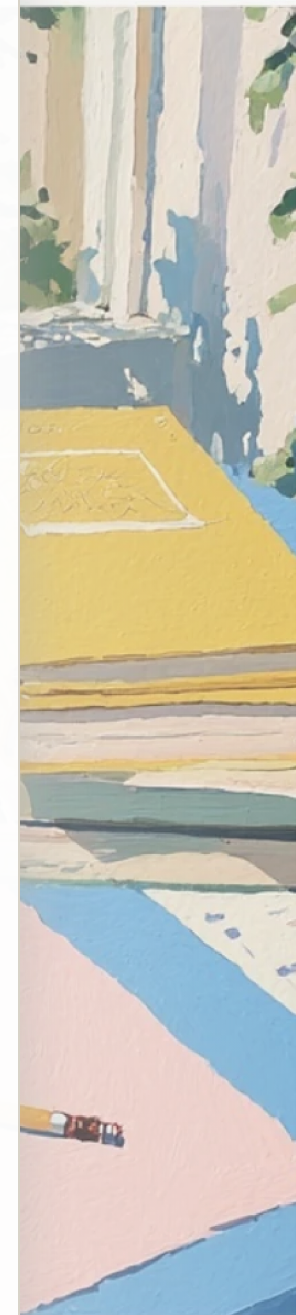
EXAMPLE 03 / PROTEIN

Count only what the record can support

Job: create a traceable subtotal without turning missing values into zeros.

TIME	EXACT ITEM AND AMOUNT	PROTEIN	SOURCE
8:10 a.m.	150 g Oikos Triple Zero vanilla	15 g	Official cup label
12:35 p.m.	74 g StarKist light tuna pouch	17 g	Official pouch label
4:05 p.m.	43 g Sargento cheese-and-cracker tray	7 g	Official tray label
7:20 p.m.	140 g Tasty Bite Madras Lentils	6 g	Official entree label

Documented subtotal: 45 g. This is not a complete daily total or a recommended target.



Preserve chronology without assigning a cause

Job: bring a clear timeline and context to a qualified clinician.

TIME	EVENT	DETAIL
7:50 a.m.	Breakfast	Eggs, toast with butter, coffee
12:35 p.m.	Lunch	Tomato soup, grilled cheese, sparkling water
6:45 p.m.	Dinner	Chickpea pasta, tomato sauce, side salad
8:05 p.m.	Symptom began	Mild bloating; no other symptom recorded
8:50 p.m.	Update	Bloating had eased
9:20 p.m.	Update	No longer noticed

Dinner came before the symptom. So did every earlier event. Sequence alone does not prove a cause.



Keep the experience, leave out the score

Job: reflect on setting, appetite, pace, and experience without food numbers.

OCCASION	ENTRY
Morning	Toast with jam and milky tea. Wanted something quick and warm. Ate by the window.
Midday	Bean and cheese quesadilla with salsa. Arrived hungry after back-to-back calls.
Afternoon	A piece of chocolate from the break room. Enjoyed it and returned to the project.
Evening	Mushroom noodle soup with a friend. Dinner felt unhurried and comfortable.

Reflection: the rushed part of the day was the run of calls, not a particular food.

