

The Discovery Log

Fourteen days. One meal a day. That's the whole protocol, and it will tell you more about your own body than any book can, including this one.

Pick the meal you eat most often away from home — the workday lunch, the drive-through breakfast, the Friday dinner. Not a special occasion. The ordinary one, the one that repeats.

Baseline — right before the meal. **1-hour** — from first bite. **2-hour** — from first bite.

The **amount** matters as much as the food — "rice" is not a test; "one cup of rice" is. And write the notes in the moment, because "slept 5 hrs" is exactly the kind of thing you won't remember on review day.

Date	Food + amount	Baseline	1-hr	2-hr	Notes
Example					
9/14	Chipotle chicken bowl, white rice, beans, no tortilla	108	154	121	normal day

Scoring. Subtract the baseline from the 1-hour reading on each line. That is the rise — the 1-hour reading is where the peak shows up, and the bins below are built on the peak. Under 30 points of rise is free, 30 to 60 is ordinary, over 60 is costly.

If you take insulin or a medication that can lower blood sugar, show this log to your prescriber before you start changing meals based on it. Eating differently can change what you need.

From Eat What You Like, Lower Your Blood Sugar — Chapter 6 and Tool 1. Print a stack: the first two weeks are the protocol, and a page a month after that keeps the map current.