

DIET DIARY

Please fill out the diet diary, including all snacks, drinks, sugar amounts and anything else you might feel is relevant. Also, record your symptoms, both physical and emotional, for each day, including times. This helps us determine how your foods may be affecting you.

	<i>BREAKFAST</i>	<i>LUNCH</i>	<i>DINNER</i>	<i>SNACKS</i>	<i>SYMPTOMS</i>
<i>MON</i>					
<i>TUE</i>					
<i>WED</i>					
<i>THR</i>					
<i>FRI</i>					
<i>SAT</i>					
<i>SUN</i>					

Diet Diary

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