



# Opti-Balance Naturopathic Medicine

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## Weekly Diet Diary

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Please include what and how much was eaten, including condiments, beverages, and snacks.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>	<u>Side Notes</u>
							<b>am</b>
							<b>noon</b>
							<b>pm</b>
							Comments, feelings, <u>symptoms</u> , <u>energy</u> <u>level</u> , digestion etc.