

Food Dairy

Name: _____

Date: / /



Restore Naturopathy

	Breakfast		Lunch		Dinner		Snacks		Fluids	
Monday	⓪	🍷	⓪	🍷	⓪	🍷	⓪	🍷	⓪	🍷
Tuesday	⓪		⓪		⓪		⓪		⓪	
Wednesday	⓪		⓪		⓪		⓪		⓪	
Thursday	⓪		⓪		⓪		⓪		⓪	
Friday	⓪		⓪		⓪		⓪		⓪	
Saturday	⓪		⓪		⓪		⓪		⓪	
Sunday	⓪		⓪		⓪		⓪		⓪	