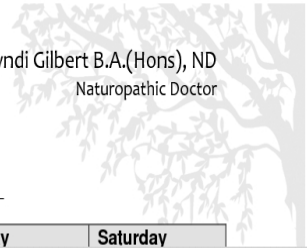


Weekly Diet Journal

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Cyndi Gilbert B.A.(Hons), ND
Naturopathic Doctor



WEEKLY DIET JOURNAL

Name: _____

Start Date: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Visit www.MyPyramid.gov for personalized eating recommendations based on age, sex and physical activity level. Choose low fat, low sugar foods and snacks and limit fast foods and high calorie sweetened beverages. Think fruits, vegetables and whole grain!

