Email Print Form

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Food Diary

Name:

Time, Date, & Food	Supplements	How did you feel	Hunger level 0-5
Ex: 2/19/09 *7am – 1 egg, 1 slice sprouted grain bread, 1 T. almond butter, green tea w/ lemon*	*Multi-vitamin*	*Tired*	*3*
11am – 6 carrot sticks, 2 T. hummus, ½ apple	*Digestive enzyme*	*Irritable- boss trouble*	*2*

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