



OrLéans Naturopath
NATUROPATHIC MEDICINE & ACUPUNCTURE

DIET DIARY

Please complete this diary fully and completely for 5 days. One day must be a weekend day.

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast					
Lunch					
Dinner					
snacks					
comments*					
*How did you feel after meals? Any problems during the day (headaches, stomach aches, etc.)					