

Staying in Balance Acupuncture

Yummy Healthy Food Diary

Day 1 (write day of week)

Time

Breakfast:

Lunch:

Dinner:

Snacks:

Day 5 (write day of week)

Time

Breakfast:

Lunch:

Dinner:

Snacks:

Day 2 (write day of week)

Time

Breakfast:

Lunch:

Dinner:

Snacks:

Day 6 (write day of week)

Time

Breakfast:

Lunch:

Dinner:

Snacks:

Day 3 (write day of week)

Time

Breakfast:

Lunch:

Dinner:

Snacks:

Day 7 (write day of week)

Time

Breakfast:

Lunch:

Dinner:

Snacks:

Day 4 (write day of week)

Time

Breakfast:

Lunch:

Dinner:

Snacks:

For healthy recipes, see my blog: www.bonniediamond.com/yummyhealthyfood