



KWAN NATUROPATHIC  
*Homeopathy • Natural Medicine*

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## Diet Diary

Date to Begin: \_\_\_\_\_

**Instructions:** Write down EVERYTHING you eat and drink for meals and snacks. List exact ingredients of home-made foods. List brand names of food you bought in a supermarket. Write down any symptoms that you may be having. Please mark down the time of your BM's and if there is any change in them, such as hard or loose stools. Include approximate times of meals, symptoms and BM's.

Breakfast	Lunch	Dinner	Snacks	Symptoms	BM
Day One					
Day Two					
Day Three					



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<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snacks</b>	<b>Symptoms</b>	<b>BM</b>
Day Four					
Day Five					
Day Six					
Day Seven					