



Mardian Natural Medicine

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My name is _____.

Complete the following food diary for one week's duration. Please be as specific as possible...for example, specify the type of food (white rice, brown rice, basmati rice, couscous, etc) and how the food is prepared (baked, fried, raw, boiled, poached, etc). Your thoroughness will greatly assist in the assessment of your health.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Morning							
Midday							
Evening							
Beverages							
Snacks							
Energy / 10							
BM's							