

What do I eat/drink in a week?

Write down everything you eat for the week - meals, snacks, liquids & add in any symptoms that occur

	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Symptoms (list when they occurred)					

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	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Symptoms (list when they occurred)					

November 2-8

Shopping List

	Item	Qty	Store
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