



www.dawdynaturopathicclinic.com

## WEEKLY DIET DIARY

Dr. Kimberly Dawdy, B.A. (HONS), N.D.  
 6899 Sunset Blvd. Ottawa, ON, K4P 1C5  
 kim@dawdynaturopathicclinic.com  
 613-574-0069

NAME: \_\_\_\_\_

START DATE: \_\_\_\_\_

	Breakfast	Lunch	Dinner	Snacks	Comments
Monday				Water:	
Tuesday				Water:	
Wednesday				Water:	
Thursday				Water:	



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<b>Friday</b>				Water:	
<b>Saturday</b>				Water:	
<b>Sunday</b>				Water:	

Notes:

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