



16 Sterling Street  
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Diet Diary for: \_\_\_\_\_ Beginning Date: \_\_\_\_\_

The purpose of this diary is to provide me with an unbiased record of your normal eating habits. Simply eat your typical diet for 5 days in succession and record it. Under breakfast, lunch, dinner and snack columns, list what you ate and drank. Under Notes, list anything you noticed during the day such as mood swings, bowel movements, indigestion, headaches, fatigue, etc. and after which meal they occurred.

BREAKFAST	LUNCH	DINNER	SNACKS	NOTES
Day 1				
Day 2				



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BREAKFAST	LUNCH	DINNER	SNACKS	NOTES
Day 3				
Day 4				
Day 5				