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## 7-Day Diet Diary

A dietary diary will provide some helpful insights into your diet, which can be used for educational purposes.

Please write down all the foods you consume over the next 7 days. Include whether the food is fresh or packaged, refined or natural.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast							
Lunch							
Dinner							
Drinks							
Snacks							