

Name: _____ Doctor: _____ Start Date: _____



WELLNESS
CHIROPRACTIC

3-Day Food Diary

Day	Breakfast	Lunch	Dinner	Snacks
<i>Example Monday</i>	<i>2 Eggs 1 slice bacon 8oz orange juice</i>	<i>8 oz 2% milk 2 slice wheat bread 3 oz sliced turkey 1/2 cup Greek yogurt</i>	<i>3 oz grilled chicken breast 1 cup steamed broccoli 1/2 cup brown rice</i>	<i>3 cups popcorn 1 oz almonds 1 fun sized Snickers Bar</i>

Name: _____ Doctor: _____ Start Date: _____



WELLNESS
CHIROPRACTIC