



LARISSA POPOV, H.B.Sc., N.D.  
DOCTOR OF NATUROPATHIC MEDICINE

Healing Hands *Family Chiropractic and Massage Centre*  
923 Kingston Road, Toronto, ON M4E 1S6  
Clinic Tel: 416-699-6336

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## FOOD DIARY

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

FOR THE WEEK OF: \_\_\_\_\_

DAY:

BREAKFAST	LUNCH	DINNER	SNACKS/WATER

DAY:

BREAKFAST	LUNCH	DINNER	SNACKS/WATER

DAY:

BREAKFAST	LUNCH	DINNER	SNACKS/WATER