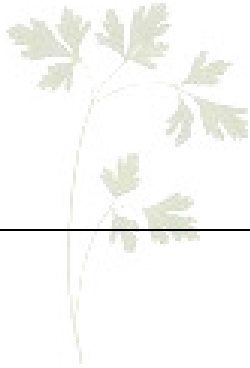


# 3 Day Diet Diary

Client: \_\_\_\_\_ Date: \_\_\_\_\_

| Day 1         | Day 2  | Day 3 |
|---------------|--|-------|
| Breakfast     |  |       |
| Morning Tea   |  |       |
| Lunch         |  |       |
| Afternoon Tea |  |       |
| Dinner        |  |       |
| Beverages     |  |       |

**Dwan Vilcins Naturopath & Nutritionist**

a) 16 Ekibin Rd Annerley Q 4103

p) 07 3892 2002 m) 0431 577 272 e) [dwanv@optusnet.com.au](mailto:dwanv@optusnet.com.au) w) [www.naturalhealthbrisbane.com](http://www.naturalhealthbrisbane.com)