

email before next appointment. hello @ wildbloomnaturapathy.com.au

FOOD LIFESTYLE DIARY

PATIENT NAME:

NEXT APPOINTMENT:

DATE:

	 TIME		 FOOD	 DRINK	 DIGESTIVE SYMPTOMS
e.g.	12:00	L	chicken sandwich with avocado, white bread	coffee + 2 sugars	bloated and tired
DAY 1	7:45	B	Chia Pudding + cranberry + walnut	1 glass H ₂ O.	-
	11:00	L	lamb, pesto, olive, baby spinach, feta, sliced tomatoes on wrap	soy latte 1.5L.	uncomfortably full! ? bloated.
	7:20	D	2x white toast, eggs, ham, 1/2 tin baked beans	1 glass H ₂ O.	-
		S	cucumber, tomatoes, cashew, few crackers.	H ₂ O all up - just over 1L.	-
DAY 2	7:45	B	2x weetbix, 1 snack pack peaches, milk.	-	-
	1:50	L	wrap - ham, lettuce, beetroot, onion, cheese, mayo.	H ₂ O.	-
	7:20	D	2x enchiladas, salad - lettuce, onion, tomatoes, beetroot, siberian, date, french dressing	Sparkling H ₂ O + lemon.	-
		S	soy latte, fruit, banana		-
DAY 3	8:10	B	weetbix x 2, snack pack peaches, milk.		-
	12:45	L	squid + asian salad + dressing	sparkling H ₂ O + lemon	-
	6:40	D	3x spring rolls, 2x corn fritters (air fryer), sriracha sauce + soy sauce.	sparkling H ₂ O + lemon	-
		S	banana, 110g siberian yoghurt, soy latte, peanut butter.	Water all up - 1.5L.	-
DAY 4	8:00	B	weetbix x 2, snack pack peaches	-	-
	1:30	L	ham + salad wrap + mayo.	H ₂ O 500ml.	-
		D	chicken tender, 2x wholemeal bread, 2x onion bhajis.		-
		S	green yog with berries, walnuts, banana, watermelon.		-
DAY 5	8:40	B	weetbix x 2, snack pack peach cup, milk.	H ₂ O 250ml.	-
	1pm	L	ham, tomato + pickle sandwich.	water 250ml.	-
	7:45	D	home made hamburger.	peppermint	-
		S	fast food's (??).		-
DAY 6	8:00	B	weetbix x 2, peach up + milk	H ₂ O 250ml.	-
	1:00	L	brown rice + tuna, corn + mayo	H ₂ O 600ml.	-
	7:30	D	chicken + veg tray bake, turkish bread.	sparkling H ₂ O + lemon.	-
		S	honey, dates, siberian, cucumber, tomato, cheese, crackers, hummus, apple pie.		-
DAY 7	8:00	B	raisin toast + butter	H ₂ O 250ml. tea.	-
	1:00	L	tuna + rice, corn + mayo	H ₂ O 600ml.	-
	7:45	D	toast x 2, apple pie.	H ₂ O.	-
		S	cucumber, tomato, cheese + crackers, 2x biscuits.	coffee tea.	-

Examples: Drinks = tea, coffee, water, juice, soft drinks, alcohol
Digestive symptoms = headache, bloating, pain, nausea, burping, reflux, flatulence, indigestion, lethargy

B = Breakfast L = Lunch
D = Dinner S = Snacks