



Weekly Meal Diary

Dieter Handout – Initial Consultation

Day/Meal	Breakfast	Lunch	Dinner	Snacks	Water	Exercise	Vitamins & Minerals
Monday							Multi-Vita: Cal-Mag: Potas-Cal:
Tuesday							Multi-Vita: Cal-Mag: Potas-Cal:
Wednesday							Multi-Vita: Cal-Mag: Potas-Cal:
Thursday							Multi-Vita: Cal-Mag: Potas-Cal:
Friday							Multi-Vita: Cal-Mag: Potas-Cal:
Saturday							Multi-Vita: Cal-Mag: Potas-Cal:
Sunday							Multi-Vita: Cal-Mag: Potas-Cal:

Name: _____ Week of: _____