

Alexi Chiropractic & Acupuncture Wellness Center LLC

WEEKLY FOOD LOG

Please list all food and drinks and amounts.

Breakfast:
Snack:
Lunch:
Snack:
Dinner:
Snack:
Breakfast:
Snack:
Lunch:
Snack:
Dinner:
Snack:
Breakfast:
Snack:
Lunch:
Snack:
Dinner:
Snack:
Breakfast:
Snack:
Lunch:
Snack:
Dinner:
Snack:
Breakfast:
Snack:
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Dinner:
Snack: