



Thomas Cigno, M.D.

## Seven Day Food Diary

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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast</b>							
<b>Lunch</b>							
<b>Dinner</b>							
<b>Snack</b>							
<b>Beverages (water, juice, coffee, alcohol, etc.)</b>							
<b>Exercise</b>							