

# Five Day Food Log

Ann Arbor Holistic Health  
230 Collingwood Dr., Suite 150 • Ann Arbor, MI 48103  
(734) 222-8210 • [www.annarborholistichealth.com](http://www.annarborholistichealth.com)

Patients Name: \_\_\_\_\_

Date	Breakfast	Lunch	Dinner	Snack (s)
<u>Day 1</u>				
<u>Day 2</u>				
<u>Day 3</u>				

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Date	Breakfast	Lunch	Dinner	Snack (s)
<u>Day 4</u>				
<u>Day 5</u>				