



This can be a typical 3 day period or over your 24 hour re-balance period. Remember to include drinks, time and quantity.

Day 1	Food:	All Drinks with quantity
Breakfast approx. time:		
Morning Snack		
Lunch approx. time		
Afternoon snack		
Evening Meal approx. time		
Evening snack		
Day 2		
Breakfast approx. time:		
Morning snack		
Lunch approx. time		
Afternoon snack		
Evening meal approx. time		
Evening snack		
Day 3		
Breakfast approx. time		
Morning snack		
Lunch approx. time		
Afternoon snack		
Evening Meal approx. time		
Evening snack		