

Anne Currenti Naturopath		Diet Diary		www.ahwb.com.au		M: 0417 427 938	
<u>EXERCISE</u>	MONDAY	TUESDAY	WEDNESDAY				
	Ketones:	Ketones:	Ketones:				
Monday	Breakfast:	Breakfast:	Breakfast:				
	Hungry/Emotional/Social/Routine	Hungry/Emotional/Social/Routine	Hungry/Emotional/Social/Routine				
Tuesday	Snack:	Snack:	Snack:				
	Hungry/Emotional/Social/Routine	Hungry/Emotional/Social/Routine	Hungry/Emotional/Social/Routine				
Wednesday	Lunch:	Lunch:	Lunch:				
	Hungry/Emotional/Social/Routine	Hungry/Emotional/Social/Routine	Hungry/Emotional/Social/Routine				
Thursday	Snack:	Snack:	Snack:				
	Hungry/Emotional/Social/Routine	Hungry/Emotional/Social/Routine	Hungry/Emotional/Social/Routine				
Friday	Ketones:	Ketones:	Ketones:				
	Dinner:	Dinner:	Dinner:				
Saturday	Hungry/Emotional/Social/Routine	Hungry/Emotional/Social/Routine	Hungry/Emotional/Social/Routine				
Sunday	Ketones:	Ketones:	Ketones:				
	Dinner:	Dinner:	Dinner:				
	Hungry/Emotional/Social/Routine	Hungry/Emotional/Social/Routine	Hungry/Emotional/Social/Routine				
THURSDAY	FRIDAY	SATURDAY	SUNDAY				
Ketones:	Ketones:	Ketones:	Ketones:				
Breakfast:	Breakfast:	Breakfast:	Breakfast:				
Hungry/Emotional/Social/Routine	Hungry/Emotional/Social/Routine	Hungry/Emotional/Social/Routine	Hungry/Emotional/Social/Routine				
Snack:	Snack:	Snack:	Snack:				
Hungry/Emotional/Social/Routine	Hungry/Emotional/Social/Routine	Hungry/Emotional/Social/Routine	Hungry/Emotional/Social/Routine				
Lunch:	Lunch:	Lunch:	Lunch:				
Hungry/Emotional/Social/Routine	Hungry/Emotional/Social/Routine	Hungry/Emotional/Social/Routine	Hungry/Emotional/Social/Routine				
Snack:	Snack:	Snack:	Snack:				
Hungry/Emotional/Social/Routine	Hungry/Emotional/Social/Routine	Hungry/Emotional/Social/Routine	Hungry/Emotional/Social/Routine				
Ketones:	Ketones:	Ketones:	Ketones:				
Dinner:	Dinner:	Dinner:	Dinner:				
Hungry/Emotional/Social/Routine	Hungry/Emotional/Social/Routine	Hungry/Emotional/Social/Routine	Hungry/Emotional/Social/Routine				