

# Birth Tides Clinic

## Diet Review Sheet

Day 1

Day 2

Day 3

Breakfast	Breakfast	Breakfast
Snacks	Snacks	Snacks
Lunch	Lunch	Lunch
Snacks	Snacks	Snacks
Dinner	Dinner	Dinner
Snacks	Snacks	Snacks
Supplements taken:	Supplements taken:	Supplements taken:

*\*Please remember to include your fluid intake.*

*Complete your diet review on consecutive days that reflect your usual eating habits.*