

# Diet Diary

Week of \_\_\_\_\_

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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## Menu Ideas:

### *Breakfast*

- Whole soaked grains
- Eggs, Milk
- Cod Liver Oil

### *Lunch*

- Bone Broth
- Veggies
- Eggs

### *Supper*

- Meat
- Vegetables
- Sauerkraut

### *Snacks*

- Smoothie w/ coconut oil, eggs
- Yogurt