FOOD DIARY

Karta Purkh Singh Khalsa, R.H. (AHG), D.N.-C. – Natural Healing Specialist

Name: _____ **Dates:** _____

TIME	TYPE OF FOOD/ EXERCISE	AMOUNT/DURATION	COMMENTS

Karta Purkh Singh Khalsa, R.H. (AHG), D.N. – C.
Eugene, OR, USA - www.kpkhalsa.com - (541) 242-3314
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TIME	TYPE OF FOOD/ EXERCISE	AMOUNT/DURATION	COMMENTS

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