

Dietary Diary



Stella Waterhouse

www.autismdecoded.com

DATE: MEALS	PHYSICAL EFFECTS:	BEHAVIORAL EFFECTS:
BREAKFAST FOOD & DRINK		
SNACKS FOOD & DRINK		
LUNCHTIME FOOD & DRINK		
SNACKS FOOD & DRINK		
TEATIME FOOD & DRINK		
SNACKS FOOD & DRINK		

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