



Shauna
LindzonRD

“Diets don’t work, lifestyle changes do”

Consulting Dietitian
shaunalindzon.com

416 781 3611
hello@shaunalindzon.com

Food Record

Date:

| Time | Type of food | Amount | Comments |
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LOCATIONS:

1881 Yonge Street, Suite 600, Toronto M4S 3C4 or 1240 Bay Street, 9th Floor, Toronto M5R 2A7