



**DR. AARON VAN GAVER**

NATUROPATHIC DOCTOR  
ADDICTION COUNSELLOR

	Day 1	Day 2	Day 3
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			
Dressings/Condiments			
Water			
Other drinks			
Vitamins, supplements			
Exercise (activity, intensity, time)			



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	Day 4	Day 5	Day 6	Day 7
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
Snack				
Dressings/Condiments				
Water				
Other drinks				
Vitamins, supplements				
Exercise (activity, intensity, time)				