

3 DAY DIET RECALL

| DAY 1 | DAY 2 | DAY 3 |
|---------------------------|---------------------------|---------------------------|
| BREAKFAST | BREAKFAST | BREAKFAST |
| <hr/> <hr/> | <hr/> <hr/> | <hr/> <hr/> |
| MID-MORNING SNACK | MID-MORNING SNACK | MID-MORNING SNACK |
| <hr/> <hr/> | <hr/> <hr/> | <hr/> <hr/> |
| LUNCH | LUNCH | LUNCH |
| <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> |
| AFTERNOON SNACK | AFTERNOON SNACK | AFTERNOON SNACK |
| <hr/> <hr/> | <hr/> <hr/> | <hr/> <hr/> |
| DINNER | DINNER | DINNER |
| <hr/> <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> <hr/> |
| AFTER DINNER SNACK | AFTER DINNER SNACK | AFTER DINNER SNACK |
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**Please note time and any activity while eating.
Be sure to include any beverages, gum, mints, etc.**