3 DAY DIET RECALL

DAY 1	DAY 2	DAY 3
BREAKFAST	BREAKFAST	BREAKFAST
MID-MORNING SNACK	MID-MORNING SNACK	MID-MORNING SNACK
LUNCH	LUNCH	LUNCH
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK
DINNER	DINNER	DINNER
AFTER DINNER SNACK	AFTER DINNER SNACK	AFTER DINNER SNACK

Please note time and any activity while eating. Be sure to include any beverages.

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