

# 3 DAY DIET RECALL

<b>DAY 1</b>
<b>BREAKFAST</b>
<b>MID-MORNING SNACK</b>
<b>LUNCH</b>
<b>AFTERNOON SNACK</b>
<b>DINNER</b>
<b>AFTER DINNER SNACK</b>

<b>DAY 2</b>
<b>BREAKFAST</b>
<b>MID-MORNING SNACK</b>
<b>LUNCH</b>
<b>AFTERNOON SNACK</b>
<b>DINNER</b>
<b>AFTER DINNER SNACK</b>

<b>DAY 3</b>
<b>BREAKFAST</b>
<b>MID-MORNING SNACK</b>
<b>LUNCH</b>
<b>AFTERNOON SNACK</b>
<b>DINNER</b>
<b>AFTER DINNER SNACK</b>

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