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IJΙ	ET	IJ	A	K Y

NAME	•			

Please list *everything* you eat or drink, with an estimate of serving size (e.g. ½ cup of steamed green peas, 12 oz. of orange juice).

DATE	<u>MEAL</u>	FOOD & BEVERAGES
	BREAKFAST	
	LUNCH	
	DINNER	
	SNACKS/SUP- PLEMENTS	
	BREAKFAST	
	LUNCH	
	DINNER	
	SNACKS/SUP- PLEMENTS	
	BREAKFAST	
	LUNCH	
	DINNER	
	SNACKS/SUP- PLEMENTS	
	BREAKFAST	
	LUNCH	
	DINNER	
	SNACKS/SUP- PLEMENTS	

DIET DIARY	NAME

<u>DATE</u>	BREAKFAST	
	LUNCH	
	DINNER	
	SNACKS/SUP- PLEMENTS	
	BREAKFAST	
	LUNCH	
	DINNER	
	SNACKS/SUP- PLEMENTS	
	BREAKFAST	
	LUNCH	
	DINNER	
	SNACKS/SUP- PLEMENTS	

Alan Remde MD