



# 3-Day Diet Recall

|           | Day 1 | Day 2 | Day 3 |
|-----------|-------|-------|-------|
| BREAKFAST |       |       |       |
| SNACK     |       |       |       |
| LUNCH     |       |       |       |
| SNACK     |       |       |       |
| DINNER    |       |       |       |
| Fluids    |       |       |       |