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Subject ID: 38 F Date: 09-18-2018 1 2 3 4 5 6 7 8

24 hr RECALL FORM - Study Visit

Date and time that dietary recall includes:  Time Food/beverage item How prepared Quantity  * meal shake in merning CTRAL  7:29 pm * Country Club Sapdwich Jimmy John's (#11) I  - sliced tyrkey breast  - real weed smoked ham  - provelone  - lettuc, timate, maye  - added avocado  \$\foodnote{\text{(on whole grain bread)}}\$  * Diet Coke    Biscuit   Church's Chicken I	
Time Food/beverage item  * meal shake in morning CTRAL  7:29pm * Country Club Sandwich Jimmy John's (#11)  -sliced turkey breast  -real wood smoked ham  -provolone  -lettuc, tomato, mayo:  -added avocado  y (on whole grain bread)  * Niet Coke  Jimmy John's  2202	
7:29pm · Country Club Sandwich Jimmy John's (#11)  -sliced turkey breast  - real wood smoked ham  - provolone  - lettuc, tomato, mayo:  - added avocado  - y (on whole grain bread)  • Diet Coke  Jimmy John's  2202	
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- provolone - lettuc, tomato, mayo - added avocado - y (on whole grain bread)  · Diet Coke  Jimmy John's  2202	
- provolone - lettuc, tomato, mayo added avocado - y (on whole grain bread)  · Diet Coke  Jimmy John's  2202	
- Tettuc, tomato, mayo.  - added avocado  - y (on whole grain bread)  . Diet Coke  Jimmy John's  2202	
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· Biscuit Church's Chicken 1	
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Completed by: Jereman