

Date and time that dietary recall includes:

08-19-2018

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Time	Food/beverage item	How prepared	Quantity
9:20AM	3 eggs	fried	3
	olive oil		1 tablespoon
	salt		0.5 gram
	pepper		0.5 gram
	HEB flour tortilla medium		1
11:15AM	brownie		4 ounces
	girardelli baking mix		
	dark chocolate brownie		
	+ added 1/2 cup bittersweet chocolate		1/2 cup
	1/2 cup walnuts		1/2 cup
1:22pm	blueberries		1.5 cup
6:55pm	mix veggies		
	carrot		
	cauliflower	together	
	broccoli	1 cup	
	beans		
	pasta salad		1 cup
	rapers		
	pasta		
	olives		
	onions		
	spinach		
	marinara sauce		3 tablespoons
	garlic flakes		1 gram
	pepper flakes		1 gram
	salt		1 gram
	olive oil		1 tablespoon

Completed by: \_\_\_\_\_