38- macro

Subject ID: 38A Date: 07-17-2018

24 hr RECALL FORM - Study Visit 1 2 3 4 5 (6) 7 8 9

Date and time that dietary recall includes: 07-16-2018

Time	Food/beverage item	How prepared	Quantity
9:28AM	mission whole wheat		1
	tortilla medium size		
	John Morrel smoky		1 slice
	maple bacon		
	scrambled egg		1 egg
	Kroger mexican blend cheese		1 tablespoon
	Spray oil		1 spray (+/- 3ml)
11:50AM	salad lettuce		8 ounces
	tomato		4 ounces
	Ken's olive oil & vinegar-		2 tablespoons
	ete salad dressing		
4:43pm	MaruChan taste of		1/2 cups
	Asia spicy miso Ramen		

Completed by: _____