38- macro

Subject ID: 38D Date: 8/14/2018

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

Date and time that dietary recall includes: 8/13/2018

Time	Food/beverage item	How prepared	Quantity
breakfast 7:30AM	oatmeal HEB old fashioned		1/2 cup
	blueberries		1/2 cup
	almond milk Silk 30 calories		1/2 cup
	salt & pepper 1 gram each		
lunch 2:00 pm	steak rib-eye fresh		4 oz
	vegetable mix:	Stir fry Kurland frozen Costco	
	broccoli cabbage green beans carrots waterchest nuts onions } 1 cup 4 ozs		
	soy sauce		1 tablespoon
	garlic		1 gram
	sesame seed oil		1/3 teaspoon
	fish sauce		1/3 teaspoon
	red pepper flakes		1 gram
	canola oil about 1 cup		1 teaspoon
dinner 7:30pm	eggs	fried	2
	small potato with skin	baked	3 ounces
	papaya		2 cups
	corn		1 ear
	vegetable mix:	Stir fry Kurland frozen Costco	
	carrots cauliflower cabbage onions } 1 cup		
	pepper flakes		
	soy sauce		1 tablespoon
	barbecue sauce		1 tablespoon
	apple puree		1 tablespoon
	salt pepper 1 gram		
	ginger seasoning 1 gram		

Completed by: ✓

8:00pm 1 Reeses pieces cup
2 strawberry sour sweet tarts regular size soft