

Subject ID: 38F Date: 09-26-2018

1 2 3 4 5 6 7 8 9

Date and time that dietary recall includes: 09-25-2010

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Time	Food/beverage item	How prepared	Quantity
8:08 AM	shake meal 3 170g maltodextrin 60g bipro protein 52 ml sunflower oil 13g jello vanilla pudding powder		
5pm	Jimmy John's #11 Sandwich + extra onions + avocado		

Completed by: _____