38- macro

Subject ID: 38E Date: 9-5-18

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

Date and time that dietary recall includes: 9-4-18

Time	Food/beverage item	How prepared	Quantity
5:38 pm	• Italian Night Club	Jimmy John's	1
	- Genoa salami		
	- Italian capicola		
	- smoked ham		
	- provolone cheese		
	- lettuce, tomato, onion, mayo, italian vinaigrette		
	- extra cheese		
	• Jalapeno potato chips	Jimmy John's	1 (snack size bag)
	• chocolate chip cookie	Jimmy John's	1
	• Diet Coke	Jimmy John's	22oz
	+ meal shake in the morning		
7:17 pm	• Sea salt almonds		22 almonds

Completed by: Jeremiah