38- macro

Subject ID: 38A Date: 07-27-2018

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

Date and time that dietary recall includes: 7-26-18

Time	Food/beverage item	How prepared	Quantity
10:55 am	• Kashi Go Lean original cereal		8oz (probably less)
	• almond milk	Blue Diamond unsweetened almond breeze	4oz
12:13 pm	• Salad blend/mix	Dole	8oz
	• Diced tomato		4oz
	• wild caught pink salmon (packaged pouch)	Kroger	1oz
	~~• olive oil + vinegar dressing~~	~~Ken's~~	~~2 tbsp~~
7:40 pm	• Salad blend/mix	Dole	12oz
	• Diced tomato		4oz
	• ~~Mozzarella~~ Mozzarella shredded cheese	Kroger	2oz
	• Wild caught pink salmon (packaged pouch)	Kroger	1oz
	• olive oil + vinegar salad dressing	Ken's	2 tbsp

Completed by: Jeremiah