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Date and time that dietary recall includes:

9-3-18

Date and time that dietary recall includes: 9-5-18			
Time	Food/beverage item	How prepared	Quantity
9:47 am	• Cereal		1 cup
	- Cheerios (plain)		2 oz
	- Vitamin D whole milk	Kroger	1/2 of banana
	• Banana		
11:23 am	• Black Cherry Sparkling water	Clear American	12 oz can
	• Almonds w/ Sea Salt	Sam's brand	1/4 cup or 1 oz
1:10 pm	• Turkey slices	Kroger	6 slices
	• celery		1 stick
	• Pimento cheese	Prices brand	2 oz
	• Guacamole		2 oz
	• Tortilla chips		1/2 oz
6:21 pm	• Prime rib	Kroger	6-8 oz
	• salad		1 cup
	- mixed greens		2 tbsp
	- ranch dressing		1 oz
	- shredded cheese		1 oz
	- sliced cucumber		1 oz
	- sliced tomato		
9:12 pm	• apple cider vinegar + water		1 tbsp

Completed by:

Jeremiah