

24 hr RECALL FORM - Study Visit

1 2 3 4 5 6 7 8 9

Date and time that dietary recall includes:

6-28-18

Time	Food/beverage item	How prepared	Quantity
5:30 pm	Giant Billy Club Sandwich	(Jimmy John's) (#8)	1
	- roast beef		
	- smoked ham		
	- provolone cheese		
	- dijon mustard, mayo		
	- lettuce + tomato		
	• Real Potato Chips	(Jimmy John's)	1 small snack size bag
	• Dr. Pepper		20 oz
8:19 pm	Oatmeal Crisp Cereal	(General Mills)	3 cups
	w/ crunchy almond		
	• 1% milk		5 oz
	• strawberries		4 fresh
9:02 pm	Mixed nuts	(Planters)	1/2 cup
	- cashews		
	- almonds		
	- pecans		
<p>★ consumed meal 8 @ 8:14a stayed fasted until "dinner"</p>			

Completed by:

Jeremiah