38- macro

Subject ID: 38C Date: 08-16-2018

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

Date and time that dietary recall includes: 08-15-2018

Time	Food/beverage item	How prepared	Quantity
7:30AM	Shake: meal 9		
	~~15 gram protein~~		
	~~42.5 gram~~		
	30 gram protein		
	85 gram maltodextrine		
	13 gram sunflower oil		
	13 gram vanilla pudding powder		
dinner 5 pm	Jimmy Johns J.J gargantuan		
	chocolate chip cookie		
	Jalapeno potato chips		
	Coke		

Completed by: ✓