38- macro

Subject ID: 38F Date: 10-03-2018

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

Date and time that dietary recall includes: 10-02-2018

Time	Food/beverage item	How prepared	Quantity
8pam	meal 6		
	60 gram protein		
	85 gram maltodextrin		
	26 mt sunflowr oil		
	13 gram jello vanilla pudding		
5pm	Jimmy John's		
	#14 bootleggers club + extra meat		
	Regular chips		
	Oatmeal Raisin cookie		
	10 green grapes		
	10 small colby jack cheese cubes		

Completed by: √