

# 3 DAY DIET RECALL

DAY 1

DAY 2

DAY 3

**BREAKFAST**

**BREAKFAST**

**BREAKFAST**

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**MID-MORNING SNACK**

**MID-MORNING SNACK**

**MID-MORNING SNACK**

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**LUNCH**

**LUNCH**

**LUNCH**

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**AFTERNOON SNACK**

**AFTERNOON SNACK**

**AFTERNOON SNACK**

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**DINNER**

**DINNER**

**DINNER**

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**AFTER DINNER SNACK**

**AFTER DINNER SNACK**

**AFTER DINNER SNACK**

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**Please note time and any activity while eating.  
Be sure to include any beverages, gum, mints, etc.**