

# 3 DAY DIET RECALL

DAY 1

**BREAKFAST**

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**MID-MORNING SNACK**

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**LUNCH**

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**AFTERNOON SNACK**

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**DINNER**

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**AFTER DINNER SNACK**

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DAY 2

**BREAKFAST**

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**MID-MORNING SNACK**

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**LUNCH**

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**AFTERNOON SNACK**

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**DINNER**

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**AFTER DINNER SNACK**

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DAY 3

**BREAKFAST**

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**MID-MORNING SNACK**

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**LUNCH**

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**AFTERNOON SNACK**

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**DINNER**

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**AFTER DINNER SNACK**

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