3 DAY DIET RECALL

DAY 1	DAY 2	DAY 3
BREAKFAST	BREAKFAST	BREAKFAST
MID-MORNING SNACK	MID-MORNING SNACK	MID-MORNING SNACK
LUNCH	LUNCH	LUNCH
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK
DINNER	DINNER	DINNER
AFTER DINNER SNACK	AFTER DINNER SNACK	AFTER DINNER SNACK