

Next Appointment Date:

LINDA McCHARLES, RD
CONSULTING DIETITIAN / NUTRITIONIST

FOOD RECORD

DAY	BREAKFAST	AM SNACK	LUNCH	PM SNACK	DINNER	EVENING SNACK	DAILY TOTAL
							P: ST: M: FR: VEG: FAT: H2O:
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EXERCISE NOTES:

MON. _____
 TUES. _____
 WED. _____
 THURS. _____
 FRI. _____
 SAT. _____
 SUN. _____

- _____ Protein & Alternatives
- _____ Starch (= 15 g Carb.)
- _____ Milks (= 6 g Carb.)
- _____ Fruits (= 10 g Carb.)
- _____ Vegetables
- _____ Fats & Oils
- _____ Water