

Name: _____

ReJuv Diet Recall

Please do a 2 to 3 day diet recall before your appointment. Be honest!! Write down **everything** you eat during those days! Include fluids and portions. Do the best that you can!

Day One:

Breakfast

Snacks

Lunch

Snacks

Dinner

Snacks

Day Two:

Breakfast

Snacks

Lunch

Snacks

Dinner

Snacks

Day Three:

Breakfast

Snacks

Lunch

Snacks

Dinner

Snacks