3-Day Food Recall

Please complete the following categories for every meal consumed within a three day period, preferably, two weekdays and one weekend day. The more information you provide, the more accurate we will be when analyzing your food habits.

Helpers on amounts: 1 cup = fist, 3-4 oz. of meat = palm, 1 tsp = thumb tip, 1 oz. snackfood = handful, 1 oz. = entire thumb

Day 1

Time of Day	Food	Amount	Description (how was it cooked?)

Day 2

Time of Day	Food	Portion Size (amount)	Description (how was it cooked?)

Day 3

Time of Day	Food	Portion Size (amount)	Description (how was it cooked?)

Nutriworks Comprehensive Nutrition Consulting
9400 N. Central Expressway, Suite 402, Dallas, TX 75231 · office: (214) 739-2223 · fax: (214) 739-2221
web: www.nutriworkscnc.com · email: contact@nutriworkscnc.com