Write down everything you eat and drink for three days prior to coming in for your first appointment.
Do the best you can with the portions and keep any notes or comments pertaining to that meal that you feel would be important.

| Meals | Food Item | Portion | Notes/Comments |
| :---: | :---: | :---: | :---: |
| Breakfast |  |  |  |
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|  |  |  |  |
| Snack |  |  |  |
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|  |  |  |  |
| Lunch |  |  |  |
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| Snack |  |  |  |
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| Dinner |  |  |  |
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| Snack |  |  |  |
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