

<u>THURSDAY</u>		
Breakfast: (list foods)	Lunch (list foods)	Dinner (list foods)
Glucose: _____	Glucose: _____	Glucose: _____
<u>FRIDAY</u>		
Breakfast: (list foods)	Lunch (list foods)	Dinner (list foods)
Glucose: _____	Glucose: _____	Glucose: _____
<u>SATURDAY</u>		
Breakfast: (list foods)	Lunch (list foods)	Dinner (list foods)
Glucose: _____	Glucose: _____	Glucose: _____

NOTES TO MENTION AT NEXT VISIT (if any):