## 24-Hour Food Log

***Please have this 24 -hour food log completed before your scheduled appointment time. This 24 hour time period should represent your typical daily eating and drinking lifestyle. Don’t forget to add any supplement or vitamin usage.

## Day:

| Time | Food/Drink | Condiments/ <br> Additional Information |  |  |
| :--- | :---: | :---: | :---: | :---: |
| Ex. 8:00 am | Oatmeal | 1.5 cups | honey, cinnamon |  |
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| Time | Food/Drink | Serving Size | Additional Information |
| :---: | :---: | :---: | :---: |
| Ex. 8:00 am | Oatmeal | 1.5 cups | honey, cinnamon |
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Glasses of Water:

