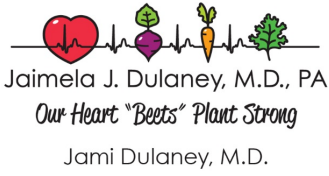


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## Nutrition Journal

Please complete this page in detail, including all of your nutritional intake. Indicate the time of day the meal was eaten, the food in the meal including the quantity (1 cup, 1 Tbsp, etc.) and all ingredients, as well as any notes about the meal (if you were hungry and did not plan, if you were eating out of boredom, etc.). It is also encouraged to add in any activity for the day, blood glucose readings if checked, and any other notes you may find helpful! ***Please send logs back to your dietitian, Addie, 24 hrs. prior to your scheduled consultation! (addie@doctordulaney.com)***

Meal	Food	Notes
<b>Breakfast</b>  TIME:		
<b>Lunch</b>  TIME:		
<b>Dinner</b>  TIME:		
<b>Snacks</b>  TIME(s):		