

7 DAY DIET RECORD

List all that you eat or drink EXCEPT cooked vegetables, vegetable soups, beans, tea, or water. Try not to snack or eat after dinner but tell the truth. Write in your daily exercise . If you do this correctly, this should be blank with just the listed exercise. See the guide in the far left column.

DATE OF OV: ___ / ___ / ___ NAME _____

	Day #1	Day #2	Day #3
<p>BREAKFAST: any/all fresh or frozen berries cooked soft in 1" juice or rice milk; cooked vegetables and vegetable soup.</p> <p>a.m. SNACK: cooked vegetables and vegetable soup ("no salt added" on the can or box)</p> <p>LUNCH: cooked vegetables and/or vegetable bean curd soup for 2 with occasional shrimp as desired.</p> <p>p.m. SNACK: cooked vegetables and/or vegetable soup</p> <p>DINNER: cooked vegetables and/or vegetable soup/ 6-8 ounces of beans/day total (less than 12% sodium per serving)</p> <p>EVENING SNACK: cooked vegetables and/or vegetable soup.</p>			