



Name \_\_\_\_\_

Dates of Food Diary \_\_\_\_\_

Please record **food and liquids** that you consume over the next 7 days. Note **general portion sizes**. Consume 1 serving of **beets**; highlight/circle this meal.

Day	M T W Th F Sa S	M T W Th F Sa S	M T W Th F Sa S	M T W Th F Sa S	M T W Th F Sa S	M T W Th F Sa S	M T W Th F Sa S
<b>Breakfast</b> Time:							
<b>Snacks</b> Time:							
<b>Lunch</b> Time:							
<b>Snacks</b> Time:							
<b>Dinner</b> Time:							
<b>Snacks</b> Time:							
<b>How I Felt</b>							
<b>Supplements</b>							
<b>Exercise</b>							
<b>Bowel Movements</b>							



**Beet transit time:** \_\_\_\_\_ (hours)

**Additional Information:**