

'Dia-Beat This!' - Type 2 Diabetes Reversal Programme

NAME:

Date:

Breakfast:

Lunch:

Dinner:

Snacks:

BG:
Time:

Total Carbs (grams):
Total Calories:

Date:

Breakfast:

Lunch:

Dinner:

Snacks:

BG:
Time:

Total Carbs (grams):
Total Calories:

Date:

Breakfast:

Lunch:

Dinner:

Snacks:

BG:
Time:

Total Carbs:
Total Calories:

Notes, i.e. any changes in mood, physical symptoms, etc.
Separate sheet provided.

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