

'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:

Date:

Breakfast:

Lunch:

Dinner:

Snacks:

BG:

Time:

Total Carbs:

Total Calories: