

Day	BREAKFAST				SNACK	LUNCH				SNACK	DINNER				SNACK	Evening BG/ Evening Insulin dose
	Pre-meal BG (time)	Grams of CHO	Units of Insulin ( )	Post-meal BG (time)	Snack: grams of CHO/ (time)	Pre-meal BG (time)	Grams of CHO	Units of Insulin ( )	Post-meal BG (time)	Snack: grams of CHO/ (time)	Pre-meal BG (time)	Grams of CHO	Units of Insulin ( )	Post-meal BG (time)	Snack: grams of CHO/ (time)	

Day / date	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Other
Ex.	1 1/3 cup Berry Blast Cheerios 1/2 cup 1% milk 1/2 large banana	20 Rold Gold Pretzel Sticks	Nachos (25 Tortilla Chips, 3/4 cup refried beans, 1/2 cup ground beef, 1 cup lettuce). 20 oz Diet Sprite		1 piece grilled chicken breast 3/4 cup sliced potatoes (fried) 1/2 cup green peas (Birds Eye) 1 1/2 cup sliced strawberries 1 cup Low Fat Chocolate Milk	1 medium – Quality Dairy Rocky Road Ice Cream in Sugar Cone	

\* Write down all food and drinks. Remember to include portion sizes, total CHO, and brand names when applicable. Thanks!