

DATE/WEIGHT	FOOD	BLOOD SUGAR
Date:	Breakfast	
Weight:	Lunch	
A.M. Glucose	Dinner	

DATE/WEIGHT	FOOD	BLOOD SUGAR
Date:	Breakfast	
Weight:	Lunch	
A.M. Glucose	Dinner	

DATE/WEIGHT	FOOD	BLOOD SUGAR
Date:	Breakfast	
Weight:	Lunch	
A.M. Glucose	Dinner	

DATE/WEIGHT	FOOD	BLOOD SUGAR
Date:	Breakfast	
Weight:	Lunch	
A.M. Glucose	Dinner	

DATE/WEIGHT	FOOD	BLOOD SUGAR
Date:	Breakfast	
Weight:	Lunch	
A.M. Glucose	Dinner	

DATE/WEIGHT	FOOD	BLOOD SUGAR
Date:	Breakfast	
Weight:	Lunch	
A.M. Glucose	Dinner	

DATE/WEIGHT	FOOD	BLOOD SUGAR
Date:	Breakfast	
Weight:	Lunch	
A.M. Glucose	Dinner	