

Discovery Sheet

	Blood Glucose before breakfast	Breakfast foods eaten	Blood Glucose 1-2 hrs after breakfast	Blood Glucose before lunch	Lunch foods eaten	Blood Glucose 1-2 hrs after lunch	Blood Glucose before evening meal	Evening meal foods eaten	Blood Glucose 1-2 hrs after evening meal	Blood Glucose before bedtime	Snacks	Exercise and general comments
Example	8.5	Scrambled eggs on 2 slices of toast	-	8.7	Chicken, salad and 3 small new potatoes. 1 orange	7.9	6.1	Prawn curry with rice	16.5	9.1	2 chocolate digestives	15-minute walk in the evening
Day 1												
Day 2												
Day 3												



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Day 4												
Day 5												
Day 6												
Day 7												