

GD Weekly Food and Blood Sugar Log

	BREAKFAST	LUNCH	SNACKS	DINNER
MONDAY	Fasting blood sugar: Foods: Post-meal blood sugar:	Foods: Post-meal blood sugar:	Foods: Post-meal blood sugar:	Foods: Post-meal blood sugar:
TUESDAY	Fasting blood sugar: Foods: Post-meal blood sugar:	Foods: Post-meal blood sugar:	Foods: Post-meal blood sugar:	Foods: Post-meal blood sugar:
WEDNESDAY	Fasting blood sugar: Foods: Post-meal blood sugar:	Foods: Post-meal blood sugar:	Foods: Post-meal blood sugar:	Foods: Post-meal blood sugar:
THURSDAY	Fasting blood sugar: Foods: Post-meal blood sugar:	Foods: Post-meal blood sugar:	Foods: Post-meal blood sugar:	Foods: Post-meal blood sugar:
FRIDAY	Fasting blood sugar: Foods: Post-meal blood sugar:	Foods: Post-meal blood sugar:	Foods: Post-meal blood sugar:	Foods: Post-meal blood sugar:
SATURDAY	Fasting blood sugar: Foods: Post-meal blood sugar:	Foods: Post-meal blood sugar:	Foods: Post-meal blood sugar:	Foods: Post-meal blood sugar:
SUNDAY	Fasting blood sugar: Foods: Post-meal blood sugar:	Foods: Post-meal blood sugar:	Foods: Post-meal blood sugar:	Foods: Post-meal blood sugar: