Blood Sugar Chart

Patient Name: _____ **DOB:** _____

DATE	BREAKFAST	LUNCH	LUNCH + 2 hrs[1]	DINNER	DINNER + 2 hrs[2] (BEDTIME)

[1] 2 hours from the time you start eating lunch
[2] 2 hours from the time you start eating dinner

© Copyright 2011. All rights reserved www.manasson.com. Katherine Manasson, M.D.