

EAT



BEST TRACKING

Your **BEST** SURGERY

St Luke's
UNIVERSITY HEALTH NETWORK

Please complete the following log(s) according to the instructions given to you by your B.E.S.T. surgical optimization team.
Reaching your total number of protein grams daily will ensure optimal health prior to surgery.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	____/____/____ DATE	____/____/____ DATE	____/____/____ DATE	____/____/____ DATE	____/____/____ DATE	____/____/____ DATE	____/____/____ DATE
BREAKFAST							
LUNCH							
DINNER							
SNACKS							
Total Protein (g)							