

EAT



BEST TRACKING

Your **BEST** SURGERY

St Luke's
UNIVERSITY HEALTH NETWORK

Please complete the following log according to the instructions given to you by your B.E.S.T. surgical optimization team. Reaching your daily protein goals will ensure optimal health heading into surgery. Return the log to your team prior to your procedure.

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