

SEMANA DEL _____

| | DOSIS | | DESAYUNO | | | MEDIA MAÑANA | | | COMIDA | | | MERIENDA | | | CENA | | | MADRUGADA | | | | |
|------|-------|-------|----------|----|---------|--------------|----------|----|--------|----------|----|----------|-------|----------|------|-------|----------|-----------|---------|----------|----------|--|
| | BASAL | ANTES | INSULINA | CH | DESPUÉS | ANTES | INSULINA | CH | ANTES | INSULINA | CH | DESPUÉS | ANTES | INSULINA | CH | ANTES | INSULINA | CH | DESPUÉS | GLUCEMIA | INSULINA | |
| Lun | | | | | | | | | | | | | | | | | | | | | | |
| Mar | | | | | | | | | | | | | | | | | | | | | | |
| Mier | | | | | | | | | | | | | | | | | | | | | | |
| Jue | | | | | | | | | | | | | | | | | | | | | | |
| Vier | | | | | | | | | | | | | | | | | | | | | | |
| Sáb | | | | | | | | | | | | | | | | | | | | | | |
| Dom | | | | | | | | | | | | | | | | | | | | | | |

CH: RACIONES DE CARBOHIDRATOS

DÍA

COMENTARIOS

DÍA

COMENTARIOS