

| Time of mom's meal | What she ate | Time of nursing session | Baby's reaction | Baby's reaction after 2 hours | Misc. notes |
|-----------------------|--------------|----------------------------|--------------------|-------------------------------------|-------------|
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |