



orthoplex

DIET AND SYMPTOM DIARY

Start date: Tues 10/1/23

Use this diet diary to record your food intake and symptoms each day as part of your treatment plan.

TIME		FOOD AND DRINK		SYMPTOMS			BOWEL MOTION		
00:00		Describe the food & drink in as much detail as you can e.g. 2 poached eggs, with 1 slice of sourdough, buttered, worcestershire sauce & salt, 2 cups of coffee with soy milk & 1 tsp of sugar.							
DAY 1 Tues	7:30 8:30	Breakfast: Flat white (full cream milk, 2 shots coffee) 1x poached egg on multigrain bread w/ hvo, feta & balsamic glaze		Cramping	8pm	1	Fatigue/ sleepy	8:00	Loose
	11:30	Morning snack: Small serving of leftovers 1x small chicken skewer, salad & mashed potato		Nausea			Sinus congestion		
	2pm	Lunch: Burrito bowl - slow cooked chicken breast wholegrain rice, cheese, light sauce		Burping			Itchy throat		
	4pm	Afternoon snack: 5x lollies		Heartburn			Coughing/mucous		
	7pm	Dinner: Cajun chicken salad, gin & soda (only one) slice of cake		Reflux			Runny nose		
		Other snacks: All supplements + water throughout		Bloating	10pm	1	Headache		
				Vomiting			Palpitations		
				Stomach pain			Anxiety		
				Constipation			Irritability		
				Diarrhoea			Light-headed		
				Gas	10pm	1	Other		
				Comments:					
DAY 2 Wed	7:45 9:20	Breakfast: Flat white 1/3 banana		Cramping			Fatigue/ sleepy	8:00	L
	12:30	Morning snack: 1x protein ball		Nausea			Sinus congestion		
	2:00	Lunch: Power bowl (Zanbros) w/ cheese & guac		Burping			Itchy throat		
	6:45	Afternoon snack: Muesli bar (dust bar)		Heartburn			Coughing/mucous		
	7:45	Dinner: Enchiladas & salad		Reflux			Runny nose		
	9:00	Other snacks: 2 squares hot dark choc / ^{first day back in office} First day of cycle		Bloating			Headache		
				Vomiting			Palpitations		
				Stomach pain			Anxiety		
				Constipation			Irritability		
				Diarrhoea			Light-headed		
				Gas			Other		
				Comments:					

Examples of food, drink & condiments: eg. milk (soy, nut, skim, full cream), chicken (baked, fried, crumbed), bread (wholemeal, white, sourdough, rye, gluten free), condiments (honey, sauce, mayonnaise), beverages (water, coffee, tea, mineral and soda water, juice, alcohol, sports drinks, protein shakes).

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	Time	Food and drink			Time	Notes/meds
DAY 3	7:45	Breakfast: Flat white	Cramping	11pm	1	Fatigue/ sleepy
	8:30	Poached egg on toast (same as Mon)	Nausea			Sinus congestion
		Morning snack: N/A	Burping			Itchy throat
	12:20	Lunch: Leftover enchiladas & salad	Heartburn			Coughing/mucous
	3:45	Afternoon snack: Iced latte (1/2 shot vanilla)	Reflux			Runny nose
	4:45	Small serve of cheese (goat) & crackers	Bloating	11pm	1	Headache
DAY 4	8:00	Dinner: Asian chicken salad	Vomiting			Palpitations
	9:00	Other snacks: Chocolate lava cake & ice-cream	Stomach pain			Anxiety
			Constipation			Irritability
			Diarrhoea			Light-headed
			Gas			Other
			Comments:			
DAY 5	8:10	Breakfast: Flat white	Cramping			Fatigue/ sleepy
	8:55	Banana	Nausea			Sinus congestion
		Morning snack: Nil	Burping			Itchy throat
	12:45	Lunch: Asian chicken salad	Heartburn			Coughing/mucous
	2:30	Afternoon snack: 40g goat's cheese & crackers	Reflux			Runny nose
	3:30	5 lollies	Bloating			Headache
DAY 6	5:15	Dinner: Asian chicken salad (small serving)	Vomiting			Palpitations
	8:00	Chicken stir fry w/ steamed white rice (small serving), fried ice cream	Stomach pain			Anxiety
	10:00	Other snacks: Crackers & hummus (small portion) - still hungry bc I didn't like my dinner	Constipation			Irritability
			Diarrhoea			Light-headed
			Gas			Other
			Comments:			
DAY 7	10:00	Breakfast: Flat white	Cramping	6am	1	Fatigue/ sleepy
	11:10	On lettuce - 2 eggs, tomato, avo, onion, capsicum, cheese, pesto	Nausea			Sinus congestion
		Morning snack: N/A	Burping			Itchy throat
	2pm	Lunch: mini burrito from Cixa (chicken)	Heartburn			Coughing/mucous
	4:30pm	Afternoon snack: crackers & dip (half serving)	Reflux			Runny nose
	8pm	Dinner: Roast veggie salad (sweet potato, pumpkin, capsicum, onion, potato) + eye fillet steak spinach, feta, garlic & sundried tomato	Bloating	6am	1	Headache
DAY 8		Other snacks: chocolate lava cake & ice cream	Vomiting			Palpitations
			Stomach pain			Anxiety
			Constipation			Irritability
			Diarrhoea			Light-headed
			Gas	6am	1	Other
			Comments:			

DIET SYMPTOM DIARY

Start date: 22/11/23

Use this diet diary to record your food intake and symptoms each day as part of your treatment plan.

TIME	FOOD AND DRINK	SYMPTOMS	BOWEL MOTION
00:00	<i>Describe the food & drink in as much detail as you can e.g. 2 poached eggs, with 1 slice of sourdough, buttered, worcestershire sauce & salt, 2 cups of coffee with soy milk & 1 tsp of sugar.</i>		
8:30	Breakfast: <i>Poached egg (1) on one slice of light rye w/ avocado + Flat white</i>	Cramping	Fatigue/ sleepy
	Morning snack: <i>Nil</i>	Nausea	Sinus congestion
12:15	Lunch: <i>Vegetarian quiche (egg, pumpkin, capsicum, feta & spinach) pastry + side salad/ lettuce, cabbage, kale, cheese, creamy dressing</i>	Burping	Itchy throat
3:30	Afternoon snack: <i>small serving of leftover spaghetti w/ cheese</i>	Heartburn	Coughing/mucous
6:30	Dinner: <i>Risotto - sundried tomato, chicken, avocado, onion, parmesan, garlic, nazzonille</i>	Reflux	Runny nose
	Other snacks:	Bloating	Headache
		Vomiting	Palpitations
		Stomach pain	Anxiety
		Constipation	Irritability
		Diarrhoea	Light-headed
		Gas	Other
		Comments:	
7am	Breakfast: <i>Flat white 1x YoPro passionfruit</i>	Cramping	Fatigue/ sleepy
9:30	Morning snack: <i>Flat white sticky date cake</i>	Nausea	Sinus congestion
2:30	Lunch: <i>Salad from soul origin w/ lime mayo dressing</i> <i>Buffalo chicken, cabbage, kale, carrot, beef, lettuce, onion</i>	Burping	Itchy throat
	Afternoon snack: <i>Nil</i>	Heartburn	Coughing/mucous
6pm	Dinner: <i>Pizza (4 slices 2x lamb, 1x beef, 1x chicken) 2x margarita</i>	Reflux	Runny nose
	Other snacks: <i>Nil</i> <i>(Forgot supplement)</i>	Bloating	Headache
		Vomiting	Palpitations
		Stomach pain	Anxiety
		Constipation	Irritability
		Diarrhoea	Light-headed
		Gas	Other
		Comments:	

Examples of food, drink & condiments: eg. milk (soy, nut, skim, full cream), chicken (baked, fried, crumbed), bread (wholemeal, white, sourdough, rye, gluten free), condiments (honey, sauce, mayonnaise), beverages (water, coffee, tea, mineral and soda water, juice, alcohol, sports drinks, protein shakes).

DAY 3	Time	Food and drink
	7:45	Breakfast: Smashed avo w/ poached egg & flat white
		Morning snack: Nil
	12:45	Lunch: Chicken wrap & chips
	3pm	Afternoon snack: Some potato chips (chicken & onion) 2x passionfruit margaritas
	6:45pm	Dinner: Grilled chicken & salad 2x Rosé
	9:30	Other snacks: Caramilk ice-cream [Forget supplements]

Cramping
Nausea
Burping
Heartburn
Reflux
Bloating
Vomiting
Stomach pain
Constipation
Diarrhoea
Gas
Comments:

Fatigue/ sleepy
Sinus congestion
Itchy throat
Coughing/mucous
Runny nose
Headache
Palpitations
Anxiety
Irritability
Light-headed
Other

Time Bowel motion
9:30 F
2:30 F

DAY 4	7:30	Breakfast: Veggie roll - fried egg, spinach, haloumi, tomato, relish flat white
		Morning snack: Nil
	1:20	Lunch: Grilled chicken, spinach, tomato, mayo panini
	3:45	Afternoon snack: 1x pineapple donut
	7:00	Dinner: Middle eastern platter
		Other snacks:

Cramping
Nausea
Burping
Heartburn
Reflux
Bloating
Vomiting
Stomach pain
Constipation
Diarrhoea
Gas
Comments:

Fatigue/ sleepy
Sinus congestion
Itchy throat
Coughing/mucous
Runny nose
Headache
Palpitations
Anxiety
Irritability
Light-headed
Other

9:00am F
5pm F

DAY 5		Breakfast:
		Morning snack:
		Lunch:
		Afternoon snack:
		Dinner:
		Other snacks:

Cramping
Nausea
Burping
Heartburn
Reflux
Bloating
Vomiting
Stomach pain
Constipation
Diarrhoea
Gas
Comments:

Fatigue/ sleepy
Sinus congestion
Itchy throat
Coughing/mucous
Runny nose
Headache
Palpitations
Anxiety
Irritability
Light-headed
Other