

Next meeting: 21 Mar @ 12:00

Food and Exercise Diary

Date: 11/03/2024 -

Notes

Day	Breakfast	Lunch	Dinner	Drinks	Snacks (Time)	Exercise
Monday	Banana, mango Smoothie	Star Anise broth & rice noodles + greens + fishballs (Thai Boat Noodles)	Lentils roast caust, braised cabbage w/ tahini dressing	Tea w/ soy m. water	Chai & almond milk 8:45 pm	4.2 km beach walk
Tuesday	Pineapple Smoothie	chicken thigh roast carrots braised cabbage tahini dressing	Braised cabbage x2 zucchini's grilled garlic, butter, oyster sauce	tea w/ soy water pineapple tea w/ ginger	zooper dooper hot castews pineapple	? 20 min light dance cardio
Wed.	Raspberry banana Smoothie + persimmon fruit	3 egg + mushroom omelette + sauteed water spinach w/ garlic	Braised cabbage, chicken thigh, 1/4 cup rice	tea w/ soy milk water 1.5 L almond milk tea	/	30 min dumbbell full body
Thurs.	Mixed berry + banana & turmeric/ginger cube	ham, mozzarella, lettuce, tomato, cuc on wholemeal sandwich	x5 bits of fried chicken	tea w/ soy m.	gelato smL vanilla	4 km beach walk
Fri	Banana + mango smoothie.	3 eggs scrambled w/ x2 zucchini's grilled & chili + 1/3 tsp oyster sauce	Pizza night! approx x1 12" pizza in total.	tea w/ soy m. water fennel + licorice root glass of red wine	Watermelon x2 kipling mini-cakes	3.4 km beach walk
Sat	Omelette & ham + mozz.	—	Udon noodle Soup & chicken (ate out)	water red wine x 3 gl.	x2 kipling mini-cakes tea & soy milk crisps	3.5 km beach walk
Sun	Big lunch B/fast	— brunch.	toast & PB+J rou & ham + cheese.	3 beers tea w/ s.m	Crisps.	3.5 km beach walk

94.3 kg

Bed around 10pm
Rise around 7am
Walk & Bazi Matt 8-9am

Smoothie for breakfast 9:20am
Study session until 12:30pm
stop for lunch / f/well Matt
exercise 2-3pm

3pm - 6pm study sess
6pm - 7pm dinner/broth
7pm onwards relax / some more wrap up more study

still sore throat
sugar cravings today.
was really hungry by mid
good sleep green noise
felt evened from sides

library shift

Night out,

st Pat