

Food and Exercise Diary

Date: 18 March - 25 March.

Notes

Day	Breakfast	Lunch	Dinner	Drinks	Snacks (Time)	Exercise
Monday	Banana + mango Smoothie	Pasta (1/2 cup) Bolognese Sauce (1 cup)	Ham + cheese roll + mayo/relish...	tea & soy m. water	/	/
Tuesday	Pineapple + banana Smoothie	1 cup w/ grain pasta 1 cucumber, 1/2 tomato 3 slices mozzarella Tbspn pesto (no cheese)	Mug of home made pumpkin soup.	tea & soy water	1/2 cup pop corn, TBSN avo oil (4 pm)	4 km walk.
Wed.	Raspberry, coconut banana Smoothie	As above except 1/2 cup white pasta sub for left	Big bowl chicken soup & barley + root veg	tea w/ soy water chewy almond milk	/	3.5 km walk 30 min weights 15 min yoga
THURS	Peach + banana Smoothie	Chop suey! Cabbage, carrot, mushroom (Enoki), oyster sauce, egg...*	lentil, mushroom, tomato, capsicum soup (SO GOOD!)	tea & soy m. 1L water	/	/
Fri	Banana, fruit	1/2 bowl chicken soup + x2 slice w/ grain toast	Small bowl " " lentil soup	tea w/ soy m x2 water	X3 dates. cheezels. (reducing b/f = too hungry)	3.5 km walk b/f = too hungry
SAT	Mango Smoothie	1 1/2 sausage, onion on white roll	1/2 12" pizza (home made)	tea w/ soy m.	/	3.7 km lake walk.
Sun	Smoked salmon avocado, rocket whole grain sourdough	ham, cheese, capsicum, pesto mushroom sandwich	pumpkin soup	tea w/ soy m. water lots	/	4.6 km lake walk gardening 3 hrs.

End of week: 92.6 kg

* needed more protein (wasn't enough)