

Wednesday 23 October 2024

6:30am / morning stretches.

10:30am / breaky sorbet
vit. B3

1pm / salad + hummus.

2:15pm / black tea.

3:30pm / not coffee.

4pm / mandarin.

5:30pm / zumba class.

7pm / veg stir fry.

8:15pm / sleep tea.
watermelon
vit. turmeric, kak plum, mag.

Thursday 24 October 2024.

10am / black tea.

10:30am / breaky sorbet
vit. B3.

11am / detox tea.

12pm / banana + salad.

2pm / apple
not coffee.

4pm / camomile tea.

7:45pm / stir fry.

8:30pm / sleep tea.
vit. mag, turmeric, kak plum.

Friday 25 October 2024.

7am / clinical pilates.

10am / black tea.

11am / breaky sorbet
vit. B3.

12pm / not coffee.

1pm / salad + hummus.

3pm / anti-inflam tea.

4:15pm / apple.

7:30pm / veg soup.

8:30pm / sleep tea
vit. mag, turmeric, kak plum.

Saturday 26 October 2024.

10:15am / breaky sorbet
mandarin.
vit. B3
black tea.

12:30pm / salad + hummus w dukkah
detox tea.

4pm / banana + apple.
not coffee.

6pm / orange tea.

6:45pm / veg soup.

8:30pm / mandarin
vit. mag, turmeric, kak plum.
sleep tea.

Sunday 27 October 2024.

8:30am / vit. B3
breaky sorbet
black tea.

11:30am / banana.

1pm / salad w hommus + dukkah.

2pm / not coffee.

4pm / apple.
orange tea.

5:30pm / mandarin
anti-inflam tea.

7pm / veg soup.

8:15pm / vit. mag, turmeric, kak plum.
sleep tea.

Monday 28 October 2024.

9:30am / black tea.
breaky sorbet.
vit. B3.

11am / not coffee.

12:15pm / salad w hommus + dukkah.

3:15pm / banana + mandarin.

4:15pm / apple.

5:15pm / ginger, lemon, turmeric tea.

6:45pm / veg soup.

8:30pm / sleep tea.
vit. fish oil,
magnesium.
kakadu plum.
turmeric.

Tuesday 29 October 2024

9:45am / breaky sorbet
vit. B3 + fish oil.

10:30am / black tea.

12:30pm / salad w hommus + dukkah.

3pm / not coffee.
apple.

7pm / veg. soup.

8:30pm / sleep tea.
vit. fish oil.
turmeric
magnesium
kakadu plum.

Wednesday 30 October 2024.

7:30am / banana
vit. B3 + fish oil

8:30am / breaky sorbet.

10am / fruit sticks x3.

10:30am / black tea.

12:30pm / salad w hommus + dukkah.

2:30pm / not coffee.

5:00pm / apple.

5:30pm / zumba

7pm / veg soup

9pm / sleep tea
vit. mag
turmeric
kakadu plum
fish oil.

Monday 21 October 2024.
5:30am / morning stretches.
8:30am / breaky sorbet
vit. B3
black tea.
10:30am / not coffee.
11:30am / mandarin.
12:30pm / ~~eat~~ salad + hummus.
2pm / not coffee.
3pm / apple.
7pm / veg w paprika.
8:30pm / vit. mag + turmeric + kat plum
sleep tea.
watermelon.

Tuesday 22 October 2024.
7am / clinical pilates.
9:30am / breaky sorbet.
vit. B3.
10:30am / black tea.
12:15pm / salad + hummus.
1:30pm / not coffee.
2:15pm / apple.
4pm / anti inflam tea.
5:30pm / RPM spin cycle class.
7pm / ~~eat~~ stir fry veg.
8:30pm / watermelon
sleep tea.
vit. mag, turmeric, kat plum.