

Natalie Dzeperoski Meal Diary
Saturday

7am Almond milk cap
9am Almond milk cap & banana
1pm 1 piece potato pizza
5pm bbq dinner - 2 pieces of chicken wings, Greek salad, 1 chevapi, 1 scoop vegetable rice, 1 lamb souvlaki, half piece pita break with yogurt dip.
Piece of rockmelon, watermelon
4 spoons of tiramisu
2 x gin and tonic
2 bottles of sparkling water

Sunday

8.40 Piece of toast (white) with ajvar & a slice of cheer cheese & almond milk cap
10.30 almond milk cap & vegetable burger - with 1/2 milk bun
1.30 handful grapes
2.30 ice cream
6pm Greek salad, scoop potato bake, piece of bbq chicken thigh, small pita bread & tzatziki. Soda water to drink
10.30 green tea

Monday

Noah sick with gastro
Felt queasy all day

9am almond milk cap & pane Di casa bread & butter
11am almond milk cap
3pm tuna and rice
8pm 2 slice of pane di casa & butter
Defence Herbal tea
3 ginger biscuits

Tuesday

8am 1 slice fruit toast, almond cap
11am almond cap & 1 spoon of carrot cake
3pm cruscit & banana
7pm chicken soup & 2 small dinner rolls
8pm 2 cubes of dark chocolate and almond

Wednesday

6am run
7.30 slice of pane Di case and smashed avocado & feta
8.00 almond milk cap
11.35 almond milk cap
12.30 chicken soup & carrots & celery
2.00 crackers & hommus & 2 cubes of dark chocolate
5pm bowl of spaghetti Bolognese

8pm 30 min soccer game

Thursday

Woke up with sinus headache on left eyebrow
Took 2 nurofen

6am walk 5km
8am slide toast & avocado & fetta
11am almond milk cap
12.30 chicken and rice & carrot sticks and celery
5pm snack on dorito chips

8pm 3 slices of pizza
Gin and tonic
1 hour slow walk (trick or treating)

Friday

6am walk 5km
8am almond cap & toast with butter and Vegemite
9am almond cap
2pm rice and tuna & carrot sticks
6pm chicken and mash potatoes and salad
8pm 2 glasses of rose & grazing on chocolate & strawberries

Saturday

9.20 toast and butter
10am almond cap
2.30 grazing on crackers, cheese, Lebanese bread & hummus
5pm roast pork, salad
6pm gin and tonic
8pm grilled chicken burger & chips