

Date	13 Nov	14 Nov	15 Nov	16 Nov	17 Nov	18 Nov	19th Nov
Breakfast	Apple Cinnamon Sunflower Pepitas	Apple Cinnamon Walnuts	Apple Cinnamon Pepitas Sunflower	Apple Cinnamon Walnuts	Apple Cinnamon Walnuts Pepitas Sunflower	Apple Cinnamon Walnuts	Cinnamon Apple Seed mix Pepitas Sunflowers
Mid Morning	—	—	—	—	—	—	—
Lunch	Salmon baby spinach Avocado lemon juice Extra Virgin olive oil Mixed herbs	Boiled Egg Avocado Mixed green salad beetroot Extra Virgin olive oil A.C. vinegar	Beetroot Spinach pumpkin Extra Virgin olive oil AC Vinegar Mixed herbs	Egg Spinach Cucumber Extra Virgin olive oil Avocado AC Vinegar	Manchego cheese Mixed green salad Avocado Extra Virgin olive oil AC Vinegar	Salmon Avocado Cucumber Mixed lettuce AC Vinegar Extra Virgin Olive oil	Poached Egg Avocado baby spinach mushrooms lemon juice
Mid Afternoon	—	—	—	—	—	—	—
Dinner	Beetroot Ribeye Mixed greens Mixed herbs Garlic Extra Virgin olive oil AC Vinegar	Garlic Basa fillet Carrot Zucchini Ginger Extra Virgin olive oil A.C. vinegar	Carrot Snow Peas Chicken fillet Garlic Honey Tamari Zucchini Spaghetti	Salmon Salad Mixed green Extra Virgin olive oil Apple Cider Vinegar	Prawns Mango Mixed Garden Salad AC Vinegar Extra Virgin olive oil Garlic+Herbs	Chicken Extra Virgin olive oil Avocado Garlic Mixed Salad AC Vinegar	1/4 cup Bean Rice Mababar Prawn Curry
Evening	—	—	—	—	—	—	—
Water Intake	2 litres	2 litres	2 litres	2 litres	2 1/2 litres	2 1/2 litres	3 litres water
Signs & Symptoms	—	—	—	—	—	—	—