

special dinner

Date	6.11.24	7.11.24	8.11.24	9.11.24	10.11.24	11.11.24	12.11.24
Breakfast	Apple Walnuts Cinnamon	Apple Walnuts Cinnamon	Apple Cinnamon Pepitas unsalted	Apple Cinnamon Sunflower seeds	Apple Cinnamon Walnuts	Apple Cinnamon Sunflower Pepitas	Apple Cinnamon Walnuts
Mid Morning	—	—	—	—	—	—	—
Lunch	Mixed lettuce Carrots Cucumber Boiled Egg Extra Virgin Olive mixed herbs	Salmon Avocado beetroot lettuce Herbs Extra Virgin olive oil Apple Cider Vin.	Chicken fillet Butter nut pumpkin Extra Virgin olive oil garlic Apple Cider Vinegar	Rocket beetroot Salmon Extra Virgin olive oil Apple Cider Vinegar	Grilled barra mudi mixed green garden salad lemon extra Virgin olive oil Apple Cider Vinegar	Salmon Avocado Coleslaw mix Raw Extra Virgin olive oil Apple Cider Vinegar	Butter nut pumpkin beetroot Rocket Fetta Extra Virgin olive oil ACV garlic
Mid Afternoon	—	—	—	—	—	—	—
Dinner	Flawns Zucchini Parsley chives garlic herbs Extra Virgin Olive oil.	Mahi mahi Sweet potato Burratta White wine sauce 32gm chae. Brownie	2 eggs Spinach baby mushrooms	chicken fillet Raw Coleslaw mix Beetroot cucumber Extra Virgin olive oil Apple Cider	Boiled egg Rocket baby spin. Avocado Carrots Extra Virgin olive oil lemon	Ribeye Sweet potato Extra Virgin olive oil	Haloumi Baby Spinach onion Carrots Mushrooms ground Cumin garlic
Evening	—	—	—	—	—	—	—
Water Intake	2 litres	2 litres	2 litres	2 litres	2 litres	2 litres	2 litres.
Signs & Symptoms	—	—	—	—	—	—	Don't think I Coped with the Haloumi belly - diarr next mornin