

Date	17/3	18/3	19/3	20/3	21/3	22/3	23/3
Breakfast	Overnight chia, flax & hemp w protein powder, almond milk & mango	Overnight chia, flax & hemp w protein powder, almond milk & mango	Overnight chia, flax & hemp w protein powder, almond milk & mango	Overnight chia, flax & hemp w protein powder, almond milk & mango	Overnight chia, flax & hemp w protein powder, almond milk & mango	Homemade French Toast GF, DF w eggs + protein powder, maple syrup & blueberries.	Overnight chia, flax & hemp w protein powder, almond milk & mango
Mid Morning	Detox Smoothie Ghee x1	Detox Smoothie Ghee x2	Detox Smoothie Ghee x3		Detox Smoothie Ghee x5		
Lunch	Tuna Salad Sandwich (GF) w lettuce, aro, kimchi, "good fat mayo" 1 date	Egg Salad Sandwich w aro, lettuce, sprouts, kimchi, "good fat mayo" GF Bread.	Scrambled egg & sardine on toast w aro & tomato (GF) Panda DF GF Fig & Caramel Ice-cream.	GF Wrap w DF Crock Coyo, Lamb, cucumber, tomato & onion	Lentil dahl w capsicum & carrot w bone broth rice Red grapes	Detox Smoothie Ghee x6	GF wrap w chicken, lettuce, cucumber, aro, tomato
Mid Afternoon			Funday Snakes	Detox Smoothie Ghee x4		Boulder canyon olive oil chips	Loco Love
Dinner	Steak w roast potato & sweet potato Ghee x1	Grilled chicken breast w roast potato, zucchini, carrot + corn Ghee x2	Grilled chicken breast w roast potato & broccolini	Lentil Dahl w capsicum & carrot w bone broth rice Ghee x4	GF Wrap w DF Homemade Tzatziki w lamb, cucumber, tomato, aro & lettuce Ghee x5	Lentil Dahl w capsicum & carrot w bone broth rice Ghee x6	Chicken, roast sweet potato, beetroot & kimchi
Evening							
Water Intake	Approx 2L	Approx 2L	Approx 2.5L	Approx 2L	Approx 2L	Approx 2L	Approx 2L
Signs & Symptoms	A bit gassy in aro.	Really full from the ghee + smoothie haha	Felt more thirsty than normal.	Tired/sluggish low energy.	Tired Hot flush x2	Vomiting at night.	No ghee or detox smoothie (break)

* Coffee w almond milk is consumed an hour after breakfast & an hour before detox smoothie
 ** Period Days 1-7 (17th-23rd) *** Neck rash presented a few days before period started.

All supps done

All supps done

All supps done
except dinner
ones.

Week 2

All supps done
No detox smoothie

All supps done

All supps except
Spa time
No detox smoothieHERB BAR
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All supps done

Date	24/3	25/3 ^{HS}	26/3	27/3 ^{HS}	28/3	29/3 ^{HS}	30/3
Breakfast	Coyo greek yoghurt w chia & flax - protein powder and mango	Coyo greek yoghurt w chia, protein powder & mango	Raspberry chia pudding w coyo + protein powder, almond butter & paleo granola.	Raspberry chia pudding w coyo - protein powder, almond butter & paleo granola.	Raspberry chia pudding, coyo, protein powder, almond butter & paleo granola	Raspberry chia pudding w coyo, protein powder, almond butter & paleo granola	Raspberry chia pudding w coyo, protein powder, almond butter & paleo granola
Mid Morning	Detox smoothie	Detox smoothie ↑ NuLife sauce	Homemade GF DF Blueberry Scones (RSF)	Homemade GF DF Blueberry Scone (RSF)	Detox Smoothie	Homemade PF GF Scone	Detox smoothie
Lunch	GF wrap w chicken, microgreen, cucumber, aro, tomato & mangle BBQ sauce	Teriyaki wild salmon w roast sweet potato, edamame, aro, cucumber & micro greens	Detox Smoothie	Venerdi bagel w aro, cucumber, tomato, rocket & egg	Venerdi bagel w poached chicken, aro, cucumber, rocket, tomato, 'good fat mayo'	Venerdi bagel w poached chicken, aro, cucumber, rocket, tomato, 'good mayo'	Beef noodle stir fry w capsicum, carrot & broccoli GF
Mid Afternoon	Coconut carob bear	Loco love lemongrass ginger tea	Venerdi bagel w aro, cucumber, tomato, rocket & egg		Homemade GF PF Scone	Boulder canyon olive oil chips lemongrass ginger tea	
Dinner	Steak w roast sweet potato & beehoot	Bone broth rice, steamed broccoli & pork choy and homemade honey soy marinade slow cooked chicken	Dinner w friends Pastry scroll w chicken, bacon & spinach steamed broccoli Quinoa, pumpkin & feta salad Kombucha	Beef noodle stir fry w capsicum, carrot & broccoli GF	Beef noodle stir fry w capsicum, carrot & broccoli GF	Taco bowl: sweet potato, mince, black beans, rocket, salsa & guac, coyo	Taco bowl: sweet potato, chicken, rocket, salsa, guac & coyo
Evening					Loco love		Homemade blueberry Scone Lemongrass & ginger tea
Water Intake	Approx 2L	Approx 2L	Approx 2L	Approx 2.5-3L	Approx 2L	Approx 2L	Approx 2L
Signs & Symptoms		2x floating stools	1x floating stool	2x partially floating stool thirsty & sluggish	Bloated after lunch (non-mindful eating)		2x floating stool

* Coffee w almond milk is consumed an hour after breakfast & an hour before detox smoothie.

Date	31/3 HS	1/4	2/4 HS	3/4	5/4 HS	6/4	7/4 HS
Breakfast	Raspberry chia pudding w coyo, almond butter, protein powder & paleo granola	Raspberry chia pudding w coyo, almond butter, protein powder & paleo granola	Bob's Red Mill Hot Cereal w cinnamon, raspberries, coyo, protein powder	Bob's Red Mill Hot Cereal w cinnamon, raspberries, coyo, protein powder & almond butter	Bob's Red Mill hot cereal w cinnamon, honey, raspberries, coyo, protein powder & almond butter	Bob's Red Mill hot cereal w cinnamon, honey, raspberries, coyo, protein powder & almond butter	Bob's Red Mill hot cereal w cinnamon, honey, raspberries, coyo, protein & almond butter
Mid Morning *	Detox Smoothie	Detox Smoothie	Detox Smoothie Matcha		Detox Smoothie	Sister's birthday Almond croissant	
Lunch	Brown rice cakes, avo, portugese chicken & capsicum Carrot sticks	Salmon, turmeric rice, purple cabbage, wasabi mayo, tano chips, cucumber, sprouts	Portugese chicken, scrambled eggs, avo, capsicum on brown rice cakes Carrot + boulder canyon chips (avo oil)	Scrambled eggs, avo, kimchi on GF toast	Tuna rice cakes w avo, tomato, mayo & kimchi Blue Dinosaur Choc Protein Bar GF DF	Scrambled eggs w wilted spinach, avo & tomato on GF toast	Cajun Salmon Roast corn Salad w capsicum, onion, cucumber & coriander Green dressing w spinach, lemon juice, nut yeast, olive oil. Rice cakes GF DF Hot cross bun Lolo love.
Mid Afternoon		Hornemade GF DF blueberry scones lemongrass ginger tea		Detox Smoothie		Detox Smoothie	
Dinner	Lamb roast w corn, pumpkin & potato	Chicken 'mingle' Curry w red capsicum & broccoli Bone broth rice	Chicken 'mingle' Curry w red capsicum & broccoli w/ bone broth rice	Steak w pak choy, bone broth, potatoe pumpkin	Chicken 'mingle' Curry w red capsicum & broccoli w/ bone broth rice	Cajun Salmon w roasted corn salad: green cap, onion, coriander, cucumber w green dressing: spinach, nut yeast, lemon juice, olive oil. Bone broth rice.	Baked beans on GF toast w wilted spinach & ghee
Evening				Fundaydillies (Snakes)			
Water Intake	Approx 1.5L	Approx 2L	Approx 2L	Approx 2.5L	Approx 2L	Approx 2L	Approx 2L
Signs & Symptoms	Thirsty 1x floating stool 1x floating stool	1x floating stool 1x floating stool Constipation	2x floating stool	1x floating stool	1x floating (partial) stool	Itchy flare.	

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All Supps done

- * Coffee w almond milk is consumed 1 hour after brekkie & 1 hour before detox smoothie
- * Neck rash is the worst its been in a long time, spread to more spots on neck.

All supps,
except lunch
hydrozyme

All supps,
except lunch
hydrozyme

Week 4
All supps done

All supps done

All supps done,
Forgot lunch
hydrozyme

All supps done,
Forgot name
Synergy.

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All supps except lunch
hydrozyme

Date	7/4	8/4 HS	9/4	10/4 HS	11/4	12/4 HS	13/4
Breakfast	Coconut kefir, protein powder, raspberries, paleo granola GF DF Hot cross bun w ghee	Coconut kefir, protein powder, raspberries, paleo granola GF DF Hot cross bun w ghee	Bobs Red Mill hot cereal w cinnamon, raspberries, banana, protein powder & almond butter	Banana & blueberry smoothie: 1 tsp each cacao, chia, flax & cod liver oil. Protein & coconut water paleo granola	Banana & blueberry smoothie: 1 tsp each cacao, chia, cod liver oil. Protein & coconut water paleo granola	Banana & blueberry smoothie: 1 tsp each cacao, chia & cod liver oil. Protein coconut water, paleo granola	Banana & blueberry smoothie 1 tsp cacao, chia, flax, cod liver oil. Protein powder paleo granola
Mid Morning	Coffee w almond milk	Coffee w almond milk	Coffee w almond milk Almond matcha	Coffee w almond milk Hot cross bun GF DF w ghee	Coffee w almond milk 2x funday gummies	2x coffee w almond milk	
Lunch	Time, ayo, "good fat" mayo & kimchi on bun w rice cake w tomato & cucumber	Oven roasted almond flour chicken suizel w mash, roast pump & broccoli	Organic cleavers burger patty w ayo spinach, coleslaw, cucumber, tomato, "good fat" mayo, mingle or GF bread	Sweet potato frittata w n. yeast, tomato, spinach, bone broth powder, onion & mingle bbg	Teniyaki Salmon w bone broth, rice, kimchi, ayo, cucumber "good fat" mayo 2x dark choc nig cakes	Teniyaki Salmon w bone broth, rice, kimchi, ayo, cucumber, "good fat mayo" Handful olive oil potato chips	Sweet potato frittata w n. yeast, tomato, spinach, bone broth, onion & mingle bbg sauce. 2x dates
Mid Afternoon	2x vegan coconut candy bears	Handful of boulder canyon olive oil chips Lolo love x2 Funday snakes	Boulder canyon olive oil chips Not coffee w almond milk	Funday gummies.	1/2 funday gummies	Decaf Alm. latte Berry coconut raw ball GF DF	
Dinner	Oven roasted almond flour chicken suizel w mash, roast pumpkin & broccoli	Baked beans w wilted spinach on GF bread	Teniyaki Salmon w mash, roast pumpkin & broccoli	Organic cleavers patty w ayo, spinach, coleslaw, cucumber, tomato, "good fat" mayo, mingle bkg on GF bread	Sweet potato frittata w n. yeast, tomato, spinach, bone broth powder, onion, mingle bbg	Steak w roast purple carrot, potato and shamel pak dray	Nandos 2 bkg tenders, garden salad, peri chips
Evening						Slice homemade GF DF choc chip banana bread	
Water Intake	Approx 2L	Approx 2L	Approx 2.5L	Approx 3L	Approx 2L	Approx 2L	Approx 1.5L
Signs & Symptoms	1x floating stool	So snacky in the ayo period in a week.	Snackiness lol 2x floating stools	1x floating stool	2x floating stool.	2x floating stool	

Rash slightly
calming down

Rash calmed
down lots
1x floating stool

Rash is dying
out & not
inflamed

Rash is dying
out.
↓ inflammation

Tiny moment where
I thought I would
be sick - was fine.