

DIET DIARY			PAIN/ENERGY	
DAY 1 Monday.			SCALE OF 1-10	
			BEFORE EATING	AFTER EATING
BREAKFAST	6.30am	oj + metformin Bowl of Just Right / 24mil milk	PAIN	
			ENERGY	
SNACK	8 am 10 am	Flat white 24mil milk Banana		
LUNCH	12 noon	2x Sushi Rolls - cooked tend white rice		bloating 5/10
SNACK	3pm	Black tea 1 sugar.		
DINNER	6 pm	mushroom, pumpkin risotto	Hungry energy	8/10 5/10
SNACK				

DAY 2 Tuesday (Fasting Day). 16 hrs fast from night + prior				
BREAKFAST	6.30am	Warm water lemon		
SNACK	8 am	Black coffee (no sugar) dash milk		
LUNCH	10 am	Boiled egg low GI Bergen Bread (2).		energy 8/10.
SNACK	1pm 3pm	Chobani Fit Protein no added sugar yoghurt pouch. → cup of black tea, nuts.		energy low! 3/10.
DINNER	6 pm	chicken tacos, avo, cheese rice.		
SNACK				

DIET DIARY

PAIN/ENERGY

DAY 3 Wednesday			SCALE OF 1-10	
			BEFORE EATING	AFTER EATING
BREAKFAST	6.30am	metamucil + a piece of toast.	PAIN	0
			ENERGY	5/10
SNACK	8am	Coffee (double shot) flat white.	energy	10/10
	10am	museli bar		
LUNCH	12.30pm	4 vitaweets. cheese, gherkins	Pain	0
			energy	8/10
SNACK	3.15pm	nuts (handful)	pain	0
DINNER	6.30pm	Veggie Duck stirfry. → greens, carrots, onion. zucchini		
SNACK				

DAY 4 Thursday				
BREAKFAST	6.30am	metamucil + a bowl of Just Right	Pain	0
			energy	7/10
SNACK	8.30am	double shot flat white.	Pain	0
			energy	10/10
LUNCH	12.30pm	Sliced Sandwich on multi grain bread. piece of chocolate.	Pain	0
			energy	8/10
SNACK	3pm	black tea x 1 sugar.	Pain	0
			energy	8/10
DINNER	6pm	Quiche + Salad.		
SNACK				