

DIET DIARY			PAIN/ENERGY	
DAY Sunday			SCALE OF 1-10	
			BEFORE EATING	AFTER EATING
BREAKFAST	11:00	Protein shake - Prana on vegan protein powder, almond milk, frozen blueberries, beetroot, hemp seed, almonds, cacao, turmeric powder, cordyceps powder, Lions mane	PAIN 3	3
			ENERGY 3	3
SNACK	2:00	Banana bread with chocolate spread - orchard st (gluten, dairy, refined sugar free)	2	2
			3	3
LUNCH	4:00	Boiled egg, sourdough toast, nuttalex	3	3
			4	3
SNACK	4:30	lentil chips	3	3
			3	3
DINNER	6:00	Lentil dal - red onion, garlic, ginger, chili, turmeric, red lentils, coconut milk, veg stock, pumpkin, kale, coconut milk, coriander Brown rice	4	4
			2	2
SNACK	7:00	Loco love cherry and raspberry chocolate with schisandra - Gluten/ dairy/ refined sugar free	4	4
			3	4

DAY Monday				
BREAKFAST	9:30	Protein shake - Prana on vegan protein powder, almond milk, frozen blueberries, beetroot, hemp seed, almonds, cacao, turmeric powder, cordyceps powder	1	1
			6	7
SNACK				
LUNCH	12:00	Vegan chili - cali press - Vege mince, pinto & black beans, sweetcorn, tomatoes, avocado, coconut cream	1	1
			7	6
SNACK	2:00	Spiced apple muffin - gluten, dairy, refined sugar free	1	1
	4:00	Corn cakes, hummus	6	3
DINNER	7:30	Dal and brown rice as before	1	1
			5	4
SNACK	8:00	Pana chocolate - golden comb mylk	1	1
			4	4