

DIET DIARY			PAIN/ENERGY	
DAY      Monday			SCALE OF 1-10	
			BEFORE EATING	AFTER EATING
BREAKFAST	11:00	Naturis Buckwheat G.F Toast 2 slices Heinz Sugar free baked beans Olive oil	PAIN 4	4
			ENERGY 5	5
SNACK				
LUNCH	2:15	Apple/ blueberry crumble - Leftovers! (Buckwheat flour, almond meal, oats, sunflower seeds, coconut sugar, Nuttalex, Apples, blueberries, cinnamon)	3	3
			5	3
SNACK	4:30	3 Corn cakes things with ABC Nut spread  She tea - Peppermint, nettle, raspberry leaf, ginger, rose petals, fenugreek seed.	3	3
			4	5
DINNER	7:00	Brown rice, peas, Roasted veg - zucchini, red capsicum, Beetroot, Kent pumpkin, garlic, thyme, paprika  Quorn pieces in cumin	3	3
			5	5
SNACK	7:45	Last little bit of crumble with oatly vanilla ice cream	3	3
			5	6 (anxty energy)

DAY      Tuesday				
BREAKFAST	8:30	Protein shake - Prana on vanilla protein powder, Frozen blueberries, kale, almonds, hemp seed - all organic, Almond milk, cordyceps powder	2	5
			5	4
SNACK				
LUNCH	1:00	Brown rice, peas, Roasted veg - zucchini, red capsicum, Beetroot, Kent pumpkin, garlic, thyme, paprika  Quorn pieces in cumin	4	5.5
			4	3
SNACK	3:30	Cocoa and chia granola (Naked foods) - Rolled oats, almonds, coconut oil, pumpkin seeds, cocoa powder, maple syrup, coconut flour, rice puffs, chia seeds, cinnamon, ginger, nutmeg.	4	5
			4	3
DINNER	7:30	Brown rice and peas, black beans with coriander, red onion, garlic. Guac - avo, tomatoe, red onion	4	4
			3	3
SNACK				