

DIET DIARY			PAIN/ENERGY	
DAY Wednesday			SCALE OF 1-10	
			BEFORE EATING	AFTER EATING
BREAKFAST	11:00	Naturis Buckwheat G.F Toast 2 slices Scrambed eggs, tomatoe, thyme Olive oil	PAIN 2	2
			ENERGY 6.5	5
SNACK				
LUNCH	12:30	Protein shake - Prana on vegan protein powder, almond milk, frozen blueberries, acai powder, cordyceps powder	1	1
			5	4
SNACK	2:30	Lentil bites - lentil flour, sunflower oil, maize flour, chickpea flour, rice flour, potato starch	1	1
			3	3
DINNER	6:00	Minestrone soup - olive oil, onion, garlic, ginger, carrot, zucchini, red capsicum, mushroom, veg stock, chopped tomatoes, cannellini beans, brown rice pasta, thyme, oregano 1 piece G.F Toast with nuttalex	1	3
			5	5
SNACK	6:30	Raw Plant Protein Bar - triple choc brownie	3	3
			5	5

DAY Thursday				
BREAKFAST	10:00	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	11:30	Lentil bites	1	1
			7	6
LUNCH	1:00	Brown rice, Roast veg - pumpkin, beetroot, zucchini, cherry tomatoes, paprika. Quorn pieces, cumin.	1	1
			6	7
SNACK	4:30 5:00	Naturis Buckwheat G.F Toast 2 slices Nuttalex, g.f vegemite Pana organic Golden comb bar	1	1
			7	5
DINNER	8:15	Minestrone soup - olive oil, onion, garlic, ginger, carrot, zucchini, red capsicum, mushroom, veg stock, chopped tomatoes, cannellini beans, brown rice pasta, thyme, oregano 1 piece G.F Toast with nuttalex	2	2
			5	4
SNACK				