

DIET DIARY			PAIN/ENERGY	
DAY Friday			SCALE OF 1-10	
			BEFORE EATING	AFTER EATING
BREAKFAST	9:00	Protein shake - Prana on vegan protein powder, almond milk, frozen blueberries, beetroot, hemp seed, almonds, cacao, turmeric powder, cordyceps powder	PAIN 4	3
			ENERGY 4	4
SNACK				
LUNCH	1:30	Brown rice, roasted - beetroot, pumpkin, zucchini, cherry toms, quorn pieces, cumin.	3	3
			4	4
SNACK				
DINNER	8:30	Thai barramundi curry, coconut milk sauce, brown rice	3	3
			3	3
SNACK	9:00	Org almonds - small handful	3	3
			3	2

DAY Saturday				
BREAKFAST	9:00	Protein shake - Prana on vegan protein powder, almond milk, frozen blueberries, beetroot, hemp seed, almonds, cacao, turmeric powder, cordyceps powder, Lions mane	2	2
			7	7
SNACK	11:00	Mini chocolate rice cakes	2	2
			7	7
LUNCH	1:00	Falafel wrap - falafel, spinach, tomatoe, hummus, wrap	2	4
			7	6
SNACK	3:00	Mini chocolate rice cakes	4	5
			7	7
DINNER	8:50	Baked sweet potatoe, nuttalex, black beans, avocado, cherry toms, nutritional yeast, linda maccartney sausage rolls	4	4
			6	5
SNACK				