

DIET DIARY			PAIN/ENERGY	
DAY			SCALE OF 1-10	
			BEFORE EATING	AFTER EATING
Saturday 4th				
BREAKFAST		glass of warm water, bone broth and then a coffee with oat milk and an omlette with bone broth, goats cheese, mushrooms, spinach and herbs	PAIN	0
			ENERGY	5
SNACK		NIL		
LUNCH		Chicken and new potato french style salad with capers. Had at a restaurant with water, and a beer		
SNACK		cheese and crackers, and two more beers		
DINNER		chicken thighs, roast pumpkin, potato and broccolini		0
				2
SNACK		NIL		

DAY				
Sunday 5th				
BREAKFAST		water, coffee with oat milk and a slice of toast with vegemite		
SNACK		NIL		
LUNCH		Mushroom pasta cooked in bone broth with herbs with a glass of wine.		
SNACK		Christmas spiced biscuits I baked and chai tea.		
DINNER		NIL		
SNACK		NIL		

DIET DIARY			PAIN/ENERGY	
DAY			SCALE OF 1-10	
			BEFORE EATING	AFTER EATING
Monday 6th				
BREAKFAST		Glass of warm water, bone broth and coffee with oat milk and two dates	PAIN	
			ENERGY	
SNACK		apple		
LUNCH		cooked oyster mushrooms in bone broth on top of sourdough with goats cheese		
SNACK		peach		
DINNER		new potato salad with whole egg mayonnaise, roast yams and chicken breasts marinated in lemon and thyme		
SNACK		Peppermint tea		

DAY				
Tuesday 7th				
BREAKFAST		warm water, bone broth and coffee with oat milk and two dates		
SNACK		apple and two boiled eggs		
LUNCH		leftover chicken		
SNACK		carrot salad		
DINNER		glass of orange wine, pate, clams, tiramisu		
SNACK				

DIET DIARY			PAIN/ENERGY	
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BREAKFAST		Wednesday 8th  warm water, bone broth and coffee with oat milk	PAIN	
			ENERGY	
SNACK		apple		
LUNCH		toast with two soft boiled eggs with canned sardines and additional coffee		
SNACK		orange and green bar. Nettle tea		
DINNER		quiche with tomatoes, kale, goats cheese and herbs		
SNACK				

DAY				
BREAKFAST				
SNACK				
LUNCH				
SNACK				
DINNER				
SNACK				