

I HAVE A TENDONITIS IN MY WRIST ATM.

L WRIST → LEFT HANDED - WRITING IS PAINFULL

TOOK SNAPS OF MY RECORDS STARTED AFTER
LEAVING GASTRO DR ROOMS.

LOST AROUND 2 KGS IN 2 WEEKS.

STARTED BY TRYING TO INCLUDE 3 MEALS IN THE
4 HOUR WINDOW 12 - 6 PM.

START WITH THE OAT MIXTURE & THEN

2 MEALS OF PROTEIN & VEG. (CHICK OR FISH)

I FOUND IT DIFFICULT TO FIT THE EXTRA PROTEIN IN
SO I DROPPED IT.

I HAVE DONE THE 5:2 IN THE PAST & FASTING
ISNT AN ISSUE FOR ME.

I DONT THINK ITS RIGHT FOR NOW BECAUSE
IT WAS ALWAYS THE OTHER 5 DAYS THAT WERE
PROBLEMATIC FOR ME. I LOST MY WAY.

IVE ALWAYS LOVED MILKY TEA (LIGHT WHITE, NOT SKIM
NEVER FULL FAT)

I LOVE SOFT CHEESES & CRACKERS BUT ONLY
WHEN SOCIALISING & HAVENT DONE MUCH SINCE COVID

Morning

DAY 1

2 x Black Coffee

- 4 cal

After 12pm & before 6pm.

in 1C water
Rolled Oats - $\frac{1}{4}$ C 24g - 15.9 Carb + 2.5g fibre 93 cal
Black chia - 2 teas 10g - 3.8g fibre 49 cal
Brown Flax Meal - 1 teas 5g - 1.35g fibre 31 cal
6 strawberries? 1g fibre 56 ~~80~~ cal
1 x Apple (106g) 2.5g fibre 55 cal

Metamucil 28g - 4 teas 4.8g fibre 100 cal

skin less chick breast - 81g 25g protein 134 cal
Flash Fry in olive oil

Broccoli steamed 55g 1.4g fibre 19 cal

Mushrooms grilled 88g .9g fibre 19 cal
(sprayed with olive oil)

Broccoli 65g steamed 65g 4.32carb 22 cal
1.7 fibre

Pan Fried Barra 120g 22.8g protein 128 cal

755.94 cal

19.94g fibre

add 1 Apple

100g 52 cal

Add 2.4g f

→ 807.94 cal

22.34 fibre

Morning

3 ~~2~~ x Black coffee 6 cal

After 12
Rolled oats + chia/flax/straw total fibre total cals
8.65 253

8 Brown lentils 80g (3.2 protein)
(5.4 carb) 3.2 44

200g Onion/cabbage/capsic in olive oil ? 150 ?
some mush

10g Paleo fibre 8g 20

chuck breast 105g 28g protein 116 cal

Broccoli 107g 3.02 prot 7.1g carbs 36 cal

Mush 113g 3.49 gp. 3.71g carb 25 cal

Apple 106g 2.5gf 11g sugar? 55 cal

1 White tea
3 only

 1/4 c 2 light
3.25g sugar 28 cal
2g protein 11 cal
3.25 carb.

fibre above 20g

714 cals

714

Friday

1-2 Black coffee

Oats / flax / chia / straw
10g Paleo

273 cals
20 cals

Broccoli 104g

35 cals

Chicken 110g

263 cals

5 Hummus 2 tablespoons
(Homemade with 1 teas tahini)

120 Cal

apple (106)g

55 cals

Tea with 1/4 C skim

30 ~~55~~ cals

~~746~~

excludes
oil spray.

796

~~813~~

Sun 1st

1 Coffee black

fibre

Usual Breakfast

173 cals

+ Apple skins (106g apple)

9.7g

1 x Apple (106g)

2.5

55 cals

10g paleo fibre

8g

20 cals

Celery 93g

Hummers 2 tablesp

13 Cal

120 cals

chicken breast

~~116g~~ 100g
~~810g~~ 100g

116 ~~gals~~

36 cals

Broccoli

655 cals

+ oil for frying

+ tea

$\frac{1}{3}$ cup skim (83ml)

less than 100ml

less than $\rightarrow$ 34 cals

$\rightarrow$ 5.2g sugar?