

DIET DIARY

DAY	Saturday 29th December	
BREAKFAST	1st @ 6am	Soaked muesli, yoghurt, 1/2 banana, mango, blueberries and honey
	2nd @ 9am	2 x wholemeal toast, avocado & lime. Coffee (3/4 flat white). (Ada's bday in Glebe)
SNACK		
LUNCH		Spaghetti amatriciana (leek, garlic, tomatoes, proscuitto & chili). Rocket salad with radish, snowpeas & coriander.
SNACK		Health cake & 1/2 peeled apple.
DINNER		Goats curd & biscuits. Fish curry (snapper, leek, tomato, coconut milk & curry spice) & white rice. Green beans, olive oil & parsley. Stewed plums (water & plums), yoghurt & honey.
SNACK		

NOTES

Beach walk at Bondi (2kms) + swim

DIET DIARY

DAY	Sunday 30th December	
BREAKFAST	1st @ 5:30am	Soaked muesli, yoghurt, 1/2 banana, strawberries and honey
	2nd @ 9am	Shared a piadina with cheese, ham & rocket. Coffee (3/4 flat white). (Fratelli)
SNACK	10am	1 x rye toast with almond butter. OJ.
LUNCH		Smoked salmon salad with rocket, fennel, radish, orange segments & dressing. 2 x rye toast & smashed avocado.
SNACK		Health cake & 1/2 apple
DINNER		Humos & biscuits. Eye fillet (grass fed), wholemeal couscous (with pinenuts & parsley), red cabbage salad, roasted pumpkin & broccoli. Stewed plums & yoghurt.

SNACK		
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NOTES Swim at ABC - 20 laps, early morning.
30mins of yoga stretches late afternoon.

DIET DIARY

DAY	Monday 31st December	
BREAKFAST	1st @ 5:30am	Soaked muesli, yoghurt & 1/2 banana
	2nd @ 7am	Plain croissant, coffee (3/4 flat white) (Good One)
SNACK		2 x rye toast and almond butter
LUNCH		Humos & chickpeas, mozzarella & tomato, green salad (rocket, fennel & avo) and leftovers of couscous, caggage salad. 1 x rye toast & butter. Mango
SNACK		
DINNER		Biscuits & goats curd. 1/2 beer. Baked kingfish with olive oil & lime, Steamed rice & dill, green beans. Roasted strawberries & yoghurt.
SNACK		

NOTES Beach walk at Bondi (2kms) + swim
30mins of yoga stretches late afternoon.

DIET DIARY

DAY	Tuesday 1st January 2019	
BREAKFAST	1st @ 6:30am	Soaked muesli, yoghurt, 1/2 banana & strawberries.
	2nd @ 9am	Protein bar & coffee.
SNACK	9:30am	2 x rye toast and scrambled eggs, & small protein shake.

LUNCH		Crab meat spaghetti with garlic, chili, lime juice & olive oil. Rocket salad with cucumber, tomato, fennel & radish. Sourdough bread roll.
SNACK		
DINNER		Biscuits & humos. Panfried haloumi, wholemeal couscous (with almonds & coriander), roasted carrots & dukkah, heated chickpeas & parsley, sautéed spinach, garlic & lime. And dollop of humos. 1 glass of white wine.
SNACK		

NOTES Cycle - 40km, 1hr 45mins.
 Protein shake - 2 tblspn of protein powder, 1/2 frozen banana, milk, wa

DIET DIARY

DAY	Wednesday 2nd January	
BREAKFAST	1st @ 6:30am	Soaked muesli, yoghurt, 1/2 banana & blueberries
	2nd @ 7:30	2 x rye toast, asiago cheese & honey. Coffee. (Fratelli)
SNACK		
LUNCH		Panfried white fish, green salad, smashed avo, sliced tomato. 1/2 sourdough baguette.
SNACK		2 x dried figs
DINNER		Biscuits & goats curd. Penne with leek, tomato, tinned tuna, garlic & chili. Steamed broccoli & beans, olive oil & parsley. Mango. 1 glass of white wine.
SNACK		

NOTES: Yoga class, 9:00-10:30am.

DIET DIARY

DAY	Thursday 3rd January	
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BREAKFAST	1st @ 5:45am	Soaked muesli, yoghurt, 1/2 banana & blueberries, honey.
	2nd @ 7:30	2 x sour dough toast & almond butter.
SNACK		
LUNCH		Tinned tuna, tomato, rocket, cucumber and avo salad. Toast. Coffee. (Apache)
SNACK		Bowl of blueberries, biscuits & humos.
DINNER		Veal schnitzel, mash potato & spinach. Yoghurt & strawberries. 1 x beer. (21 Double Bay)
SNACK		

NOTES: Cycling for 1hr 20mins - 32kms.
 Yoga class, 9:00-10:30am.
 Walked to yoga and back - 1hr in total.

DIET DIARY

DAY	Friday 4th January	
BREAKFAST	1st @ 5:30am	Soaked muesli, yoghurt, 1/2 banana, strawberries & blueberries.
	2nd @ 8:15	2 x sour dough toast & almond butter.
SNACK	8:30am	Coffee.
LUNCH		Ricotta & tomato flan. Prosciutto, Green salad with fennel, avo & cucumber. Sourdough baguette & butter. Fresh fruit - strawbs, mango & cherries. (Sue, Peter & Sophie for lunch)
SNACK		2 x figs
DINNER		Biscuits + avocado + lime. Mushroom & goats curd ravioli, steamed broccoli & snow peas. Strawbs, blueberry & mango fruit salad + yoghurt + honey.
SNACK		

NOTES: Cycling for 1hr 30mins - 38kms.

Yoga class, 9:00-10:30am.

SUPPLEMENTS TAKEN on a daily basis

Morning	1 x Probiotic (Bioceutical Ultra Biotic 45)
Sometime during day	2 x tspn RAW (Probiotic Greens) mixed with water
Evening	1 x Magnesium Tablet (BioMedica Bio Activated - from Michael Solano)

MUESLI	(Real Good) oats, sulatanas, almonds, sunflower kernels, linseed, drier
YOGHURT	Meredith Dairy Sheeps Milk Yoghurt
MILK	Barambah Organic Full Cream Milk
EGGS	Free range pasturised eggs from farm out of Goulburn
PROTEIN BARS	Either Blue Dinosaur Paleo Bars 'Apple Pie" or Rumbles Paleo "Honey N
BREAD	Mostly Organic Sourdough Bread, Darlinghurst
BUTTER	Unsalted
PROTEIN POWDER	Nuzest Pea Protein Natural Flavour

ENERGY (Pain n/a)

WATER	BEFORE EATING	AFTER EATING
Yes	Hungry	
Yes		
Yes		
Yes		
Yes	Hungry	

ENERGY (Pain n/a)

WATER	BEFORE EATING	AFTER EATING
Yes		
Yes	Hungry	
Yes		
Yes	Hungry	
Yes		
Yes		

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ENERGY (Pain n/a)

WATER	BEFORE EATING	AFTER EATING
Yes	Hungry	
Yes		
Yes		
Yes		
Yes		
Yes		

ENERGY (Pain n/a)

WATER	BEFORE EATING	AFTER EATING
Yes	Hungry	
Yes		
2 x big glasses	Hungry	

Yes		
Yes		
Yes		

ater, handful blueberries & honey.

ENERGY (Pain n/a)

WATER	BEFORE EATING	AFTER EATING
Yes	Hungry	
Yes		
2 x big glasses		
Yes	Hungry	
Yes		
Yes		

ENERGY (Pain n/a)

WATER	BEFORE EATING	AFTER EATING
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Yes	Hungry	
Yes	Hungry	
2 x big glasses		
Yes	Hungry	
Yes		
Yes		

ENERGY (Pain n/a)

WATER	BEFORE EATING	AFTER EATING
Yes	Hungry	
Yes	Hungry	
2 x big glasses		
Yes		
Yes		
Yes		

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