

DIET DIARY			PAIN/ENERGY	
3/17/21 DAY			SCALE OF 1-10	
			BEFORE EATING	AFTER EATING
BREAKFAST	8:00ish	"Just" eggs- mung bean egg replacement patty Two slices of Udi's gluten free bread with earth balance vegan "butter" Coffee	PAIN none	None
			ENERGY okay	maybe increased
SNACK		half of a Vega protein snack bar	none	some stomach pain
			okay	
LUNCH		veggie burger patty, three bean trio, broccoli, spinach		felt great
SNACK		half of a macro protein bar  hippeas		some stomach pain
				okay
DINNER		lettuce, beans, mixed veggies		fine
SNACK		fruit smoothie, dried mango		stomach bloat, dehydrated - feeling from mango

DAY 3/18/21- road trip				
BREAKFAST		"Just" eggs- mung bean egg replacement patty Two slices of Udi's gluten free bread with earth balance vegan "butter" Coffee		fine
SNACK		hippeas vega bar		fine
				some stomach pain
LUNCH		peanutbutter and "butter" sandwich hippeas		tired- think I ate too much, but also driving for 6 hours by this point
SNACK		orange		
DINNER		lettuce, sweet potato, purple onion, avocado coconut aminos		tired, but after driving for 8 hours
SNACK		orange		

DIET DIARY			PAIN/ENERGY	
3/19/21 DAY			SCALE OF 1-10	
			BEFORE EATING	AFTER EATING
BREAKFAST		"just" eggs, gf toast, vegan sausage (hillary's), <del>lettuce, coconut animos</del> coffee	PAIN none	none
			ENERGY fine	tired, likely too much caffiene
SNACK		little bit of vega bar		no change
LUNCH		hippeas, mung beans, rice cakes with peanutbutter and bananas	stomach pain after eating all of these about 45 minutes apart	
SNACK				
DINNER		mixed grain rice, sauted veggies, hummus, corn chips	some stomach pain- likely gas	
SNACK		granola with almond milk mixed fruit smoothie	ate too late.	

DAY 3/20/21				
BREAKFAST		"Just" eggs- mung bean egg replacement patty Two slices of Udi's gluten free bread with earth balance vegan "butter" Coffee		fine
SNACK				
LUNCH		mixed grain rice, sauted veggies, hummus, tater tots  few bites, vega bar	felt fine after this, then ate a few bites of a vega bar and felt tired	
SNACK				
DINNER				
SNACK				