

DIET DIARY			PAIN/ENERGY		
DAY Sunday 12/06/22			SCALE OF 1-10		
			BEFORE EATING	AFTER EATING	
BREAKFAST	10-30	coffee (soy) salad w turkey bacon + egg	PAIN 0	1	bloating
			ENERGY 4	4	
SNACK		—			
LUNCH	4pm.	Mcdonalds McSpicy w chips + water.	1	1	bloating
			4	4	
SNACK	4pm.	turmeric, ginger + grapefruit tea.	1	1	bloating
			3	3	
DINNER	7pm	vegan sausages + coleslaw on bread w pasta salad + potato bake (soy)	5	5	
			5	5	
SNACK	10pm	marshmallow	5	5	
			2	5.2	

* nauseated + frequent toilet @ 2 am *

DAY Monday 13/06/22.					
BREAKFAST	9:30am	nutrigrain w A2 milk	2	4	nauseated
			2	2	
SNACK	8:30am	'turning time' tea.	2	2	"
			2	2	
LUNCH	12:30pm	Scrambled eggs + toast	3	2	"
			3	3	
SNACK	12:40pm 4:30pm	green tea. 2x digestive biscuits snack bag of doritos.	2	2	"
			2	2	
DINNER	6:30pm	chicken burger w egg, coleslaw	1	1	"
			2	3	
SNACK	7:15pm	mint + salt dark choc	"	"	"
			"	"	

DIET DIARY			PAIN/ENERGY	
DAY Tuesday 14/06/22			SCALE OF 1-10	
			BEFORE EATING	AFTER EATING
BREAKFAST	8am.	Soy mocha. granola + yoghurt	PAIN 2	4
			ENERGY 3	4
SNACK	10:00am	cupcake	3	1
			4	4
LUNCH	12:00pm	Sandwich w chicken, lettuce, cheese + mayo.	1	1
			4	5
SNACK	1:30 - 2:30	English breakfast tea w A2 milk snack packet of grainwafers.	1	1
			5	5
DINNER	7:00pm	Potato + leek soup w half loaf bread roll.	1	3
			4	4
SNACK	-	-		

bloated



DAY Wednesday 15/06/2022 -				
BREAKFAST	8:00am	Soy mocha baked beans.	2	3
			5	5
SNACK	10:30am	Snack packet of twisties	2	2
			5	5
LUNCH	12:00pm	Potato + leek soup. w chicken.	2	2
			5	4
SNACK	1:00pm	milk chocolate 'lollipop'. Miso soup	2	2
			4	4
DINNER	7:00pm	chicken pasta w a tomato sauce + parmesan	4	5
			4	4
SNACK	-	-		

bloated
+
uncomf-
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