

NOTE Headache 10-3pm

| DAY /UES 12/04 |        | 6:30am yoga                                                              |      |   |
|----------------|--------|--------------------------------------------------------------------------|------|---|
| BREAKFAST      | 9am    | Wake up Xey hough<br>Borrie in maple syrup<br>Almond Chia<br>Almond Chia | 0    | 7 |
| SNACK          | 11:15  | WATERMELON                                                               | 7/10 | 7 |
|                | 12:30  | Apple                                                                    | 7    | 7 |
| LUNCH          | 3pm    | organic All dried steak                                                  | 0    | 7 |
| SNACK          |        |                                                                          |      |   |
| DINNER         | 7:30pm | Chicken tortillas &<br>Cauliflower wraps                                 |      |   |
| SNACK          |        |                                                                          |      |   |

| DAY MONDAY 12/04 |      | 8am                                                                | 9:50am | 11 | 3:30 | 7pm |    |    |
|------------------|------|--------------------------------------------------------------------|--------|----|------|-----|----|----|
| BREAKFAST        | 8am  | Almond Chia<br>overnight oats in chia, cocoa<br>honey, almond milk | 5      | 8  | 0    | 8   | 5  | 8  |
| SNACK            | 11   | x10 easter eggs (whoops)                                           | 80     | 80 | 7    | 80  | 80 | 80 |
| LUNCH            | 3:30 | Turkey pasta                                                       | 0      | 0  | 7    | 80  | 80 | 80 |
| SNACK            | 7pm  | Nutballs                                                           | 5      | 8  | 8    | 80  | 80 | 80 |
| DINNER           |      |                                                                    |        |    |      |     |    |    |
| SNACK            | 9am  | Creaming choc &<br>didn't have any                                 |        |    |      |     |    |    |

PAIN/ENERGY

DIET DIARY

SCALE OF 1-10

BEFORE EATING  
AFTER EATING

PAIN  
7/10 headache

ENERGY



• (No Hazardous Waste)

| BEFORE EATING | AFTER EATING |
|---------------|--------------|
|---------------|--------------|

PAIN/ENERGY

| PAIN        |   | ENERGY         |   | SNACK                       |   | DINNER |   | SNACK  |   | LUNCH           |   | SNACK |   | BREAKFAST                     |   |
|-------------|---|----------------|---|-----------------------------|---|--------|---|--------|---|-----------------|---|-------|---|-------------------------------|---|
| 0           | 0 | 9              | 9 |                             |   |        |   |        |   |                 |   |       |   |                               |   |
| CHAI ALMOND |   | OAT & CINNAMON |   | COCOA & HONEY & ALMOND MILK |   | /      |   |        |   | MEATLOAF & RICE |   | PASTA |   | (left in fridge overnight :-) |   |
| 0           | 0 | 7              | 8 | 0                           | 0 | 0      | 0 | 0      | 0 | 0               | 0 | 0     | 0 | 0                             | 0 |
| 4:15        |   | 4:15           |   | x2 blueberry muffins        |   |        |   |        |   |                 |   |       |   |                               |   |
| 3pm         |   | 3pm            |   |                             |   |        |   |        |   |                 |   |       |   |                               |   |
| SNACK       |   | SNACK          |   | SNACK                       |   | DINNER |   | DINNER |   | SNACK           |   | SNACK |   | BREAKFAST                     |   |

| DAY THREE 15/04 |      |                                                                                                              |     |
|-----------------|------|--------------------------------------------------------------------------------------------------------------|-----|
| BREAKFAST       | 9:00 | oats & chia on almond                                                                                        | 0 8 |
| SNACK           | /    |                                                                                                              |     |
| LUNCH           | 3pm  | Picebrown, spring onion, cucumber<br>amuse, chicken, & broccoli<br>boiling zucchini                          | 0 8 |
| SNACK           | /    |                                                                                                              |     |
| DINNER          | 7:50 | spiced chicken &<br>salad (mushrooms, carrot,<br>radish, red onion, cucumber)<br>& broccoli & bread & butter | 0 6 |
| SNACK           |      |                                                                                                              | 0 6 |
|                 |      |                                                                                                              | 0 6 |
|                 |      |                                                                                                              | 0 6 |



| PAIN/ENERGY |        | SCALE OF 1-10 |        | BEFORE EATING |              | AFTER EATING  |              | DAY 16/09                                                                                        |  | Woke up BIT HEADACHY |  |
|-------------|--------|---------------|--------|---------------|--------------|---------------|--------------|--------------------------------------------------------------------------------------------------|--|----------------------|--|
| PAIN        | ENERGY | PAIN          | ENERGY | BEFORE EATING | AFTER EATING | BEFORE EATING | AFTER EATING | BREAKFAST                                                                                        |  | 7am                  |  |
|             |        |               |        |               |              |               |              | Almond Chai                                                                                      |  | 9:45am               |  |
|             |        |               |        |               |              |               |              | SNACK                                                                                            |  |                      |  |
|             |        |               |        |               |              |               |              | LUNCH                                                                                            |  | 1:45                 |  |
|             |        |               |        |               |              |               |              | Rice (same as yesterday)                                                                         |  |                      |  |
|             |        |               |        |               |              |               |              | SNACK                                                                                            |  | 4pm                  |  |
|             |        |               |        |               |              |               |              | Watermelon & Chiamie (blended after tea)                                                         |  |                      |  |
|             |        |               |        |               |              |               |              | DINNER                                                                                           |  | 7pm                  |  |
|             |        |               |        |               |              |               |              | Stir fry & salad w/ olive oil & coconut endamide (served hot cucumber, carrot, tomato/mushrooms) |  |                      |  |
|             |        |               |        |               |              |               |              | SNACK                                                                                            |  |                      |  |
|             |        |               |        |               |              |               |              | LUNCH                                                                                            |  | 3pm                  |  |
|             |        |               |        |               |              |               |              | Temihpaki chicken & rice (takeaway)                                                              |  |                      |  |
|             |        |               |        |               |              |               |              | SNACK                                                                                            |  |                      |  |
|             |        |               |        |               |              |               |              | LUNCH                                                                                            |  | 9:15                 |  |
|             |        |               |        |               |              |               |              | Chai on almond                                                                                   |  |                      |  |
|             |        |               |        |               |              |               |              | SNACK                                                                                            |  |                      |  |
|             |        |               |        |               |              |               |              | BREAKFAST                                                                                        |  | 7:30am               |  |
|             |        |               |        |               |              |               |              | Oats                                                                                             |  |                      |  |
|             |        |               |        |               |              |               |              | DAY 17/09                                                                                        |  |                      |  |

| DIET DIARY  |  | DAY 16/09     |        | Woke up BIT HEADACHY                                                                             |  |
|-------------|--|---------------|--------|--------------------------------------------------------------------------------------------------|--|
| PAIN/ENERGY |  | SCALE OF 1-10 |        | BEFORE EATING                                                                                    |  |
|             |  |               |        | AFTER EATING                                                                                     |  |
| BREAKFAST   |  | 7am           | 9:45am | Almond Chai                                                                                      |  |
|             |  | Oats          |        |                                                                                                  |  |
| SNACK       |  |               |        |                                                                                                  |  |
| LUNCH       |  | 1:45          |        | Rice (same as yesterday)                                                                         |  |
|             |  |               |        | → buckwheat                                                                                      |  |
| SNACK       |  | 4pm           |        | Watermelon & Chiamie (blended after tea)                                                         |  |
| DINNER      |  | 7pm           |        | Stir fry & salad w/ olive oil & coconut endamide (served hot cucumber, carrot, tomato/mushrooms) |  |
| SNACK       |  |               |        |                                                                                                  |  |