

DIET DIARY			PAIN/ENERGY	
DAY Tuesday 23rd August			SCALE OF 1-10	
			BEFORE EATING	AFTER EATING
BREAKFAST	8.30am	Smoothie: Banana, almond milk, protein powder (tropeaka pea protein), ice, frozen blueberries	PAIN 6/10	6.5/10
			ENERGY 4/10	5/10
SNACK		No snack		
LUNCH	12.30pm	Stirfry (with broccoli, carrot, zucchini, onion) + a small tin of tuna	5/10	5/10
			5/10	5.5/10
SNACK		I usually don't snack because I have virtually no appetite and normally have to force myself to eat		
DINNER	5pm	Small omelette with capsicum	8/10	8/10
			3/10	3/10
SNACK		I will note that I do crave things such as fish a lot, but normally because my stomach is hurting or I don't feel hungry, I normally don't cook it		

DAY Wednesday 24th August				
BREAKFAST	8.15am	Plain greek yoghurt with chopped banana raspberries, blueberries	5/10	5/10
			4/10	5/10
SNACK		No snack but I had a horrible stomach ache this day and I woke up with it (I had it before eating and I felt like someone was pulling and stretching in my entire abdomen		
LUNCH		Couldn't eat lunch because I was in a major flare up at this point		
SNACK		2 plain rice cakes (with no toppings)	8.5/10	8.5/10
			4/10	4/10
DINNER		A small bowl of soup with zucchini, carrot, potato, shredded chicken. I didn't want to eat but I forced myself to at least have something	8.5/10	8.5/10
			4/10	4/10
SNACK				

DIET DIARY			PAIN/ENERGY	
DAY Thursday 25th August			SCALE OF 1-10	
			BEFORE EATING	AFTER EATING
BREAKFAST	8.30am	Smoothie with protein powder, banana almond milk, peanut butter, frozen raspberries	PAIN 5.5/10	5.5/10
			ENERGY 5/10	5/10
SNACK				
LUNCH	12.45pm	Salad with lettuce, potato, boiled egg, shredded carrot, cucumber, kalamata olives Dressing: olive oil, balsamic vinegar, honey, salt	5.5/10	6/10
			4/10	5/10
SNACK		3 dates + a protein ball		
DINNER	5pm	Strifry with veg + soysauce	6/10	6/10
			4/10	4/10
SNACK		Notes: Got my period at 6.30pm this day and had horrible pain all night. Had to take paracetamol and		

DAY Friday 26th August			Period day 1: Was experiencing heavy bleeding, clotting, nausea, stomach ache, period cramping pain, back pain & extreme fatigue (spent the day in bed)	
BREAKFAST	8.30am	Half a smoothie (Same one as yesterday)	9/10	9/10
			2/10	2/10
SNACK				
LUNCH	1pm	Soup with zucchini, carrot, potato (it was made the night before)	9/10	9/10
			2/10	3/10
SNACK	3.30pm	1 rice cake with peanut butter		
DINNER	5.30pm	small omelette with veg	8.5/10	8.5/10
			3/10	3/10
SNACK				