

DIET DIARY			PAIN/ENERGY	
DAY			SCALE OF 1-10	
Thursday 14/07/22			BEFORE EATING	AFTER EATING
BREAKFAST	8.30am	Coffee with soy milk	PAIN	0
	11am		ENERGY	4
SNACK	10.30	Mandarin, Green tea	PAIN	0
			ENERGY	6
LUNCH	12.30	Skinless Roast Chicken w Tomato, on GF Bread butter Toastie. Salad made with beetroot, Walnut, radish, red onion, and goats Chs(small amount : olive oil lemon salt and pepper.	PAIN	0
			ENERGY	5
SNACK	3-5	white Rice California Roll w avocado and cucumber sushi. Mandarin	PAIN	0
			ENERGY	6
DINNER	7.30pm	Wild Salmon seasoned w Garlic powder, onion powder, thyme, basil, paprika Air fried Broccolinni w Fresh Garlic and Sweet potato w same herbs from above justa sprinkle. Beetroot salad same as above	PAIN	0
			ENERGY	6
SNACK	8pm	Half a choc chip cookie Jasmine and Pear loose leaf tea	PAIN	0
			ENERGY	6

DAY				
Friday 15/07/22				
BREAKFAST	8-9am	1/2 tsp salt in water, Nutt Shake, Coffee w soy	PAIN	0
			ENERGY	6
SNACK	Text			
LUNCH	12.30	Salad with beetroot, Walnut, radish, red onion, and goats Chs Dressing:olive oil lemon salt and pepper added leftover salmon heated slightly 2x Kiwi fruit 1x Mandarin	PAIN	0
			ENERGY	6
SNACK	3pm		PAIN	0
			ENERGY	5
DINNER	7pm	Topside Wagyu Ragu Slow cooked w thyme, carrot, celery, salt and Pepper, Canned whole peeled tomatoes organic Beef stock, Served with GF Fettuccini	PAIN	1
			ENERGY	5
SNACK	Text	Peppermint Tea GF berry and chocolate sorbet	PAIN	0
			ENERGY	4

DIET DIARY			PAIN/ENERGY	
DAY			SCALE OF 1-10	
Saturday 16/07/22			BEFORE EATING	AFTER EATING
BREAKFAST	8.00-9.00 am	Pea protein shake Coffee w soy	PAIN	0
			ENERGY	5
SNACK		Mandarin, Soda water, Green Tea	PAIN	0
			ENERGY	5
LUNCH	2pm	Leftover Pasta (ragu)	PAIN	6
			ENERGY	7
SNACK				
DINNER	7:00pm	Korean birthday soup, Pho base, beef small pieces ,tofu, coriander, spring onion lemon juice Star anise, Salt & Pepper with rice noodle(small amount)(homemade) Roast Veggies and Hummus (homemade)	PAIN	0
			ENERGY	6
SNACK				

DAY				
Sunday 17/07/2022				
BREAKFAST	9-11am	I did sleep late on Saturday night so was tired in the am had to wake early Coffee and soy milk Shake Hash Brown	PAIN	0
			ENERGY	4
SNACK				
LUNCH	12.00pm	Small piece of steak	PAIN	0
			ENERGY	6
SNACK				
DINNER	4.30-5.40 pm	Poached coconut chicken salad with crunchy noodles Dark leafy greens, Small amount of Fried Rice with carrot, Broccoli, onion and tofu. (thai Takeout)	PAIN	0
			ENERGY	4
SNACK	7.30pm	GF Wrap with homemade chicken curry	PAIN	0
			ENERGY	6

DIET DIARY			PAIN/ENERGY	
DAY	Monday 18/07/ 22 Started recommended supplements today		SCALE OF 1-10	
			BEFORE EATING	AFTER EATING
BREAKFAST	9-10am	Salt +Recommended Supplements Coffee with soy milk Pea Protein Shake	PAIN	0
			ENERGY	7
SNACK				
LUNCH	2pm	3xcalamari rings seasoned with egg Gf flour S+P (Homemade) 3x Oysters with lemon juice, drop of tabasco GF Chicken curry pie (leftover curry homemade)	PAIN	0
			ENERGY	7
SNACK				
DINNER	7.30pm	Salmon seasoned lightly w touch paprika, mixed herbs, garlic+ onion powder mashed potato w organic butter dash oat milk Broccolini Steamed Salad made w 4 bean mix +chickpeas organic canned washed thoroughly, yellow capsicum,red onion, radish,Rocket buffalo Mozarella tomato and parsley, dressing: oil lemon juice, dash of dijon dash of honey	PAIN	0
			ENERGY	7
SNACK				

DAY Tuesday 19/07/22 Had Recommended Supplements				
BREAKFAST	7- 10	Nuut Shake Coffee w Soy	PAIN	0
			ENERGY	7
SNACK	11 am	Pear	PAIN	0
			ENERGY	7
LUNCH	3 pm	Chicken and wild rice (small serving) Handful of Veggie chips Plain flavour Mandarin	PAIN	0
			ENERGY	5
SNACK	5pm	Gf chicken curry party pie homemade w peas and veg.		0
				5
DINNER	8.30 pm	Salad with 4 bean mix organic washed, capsicum yellow, Cucumber, Red onion, Rocket, Tomato, Radish dressed w Lemon juice, Olive oil,dash dijon mustard, dash honey Falafels (All homemade) One piece of GF Wrap.	PAIN	0
			ENERGY	5
SNACK		2x small pieces of dark Chocolate made with coconut cream dairy free.	PAIN	0
			ENERGY	6

DIET DIARY			PAIN/ENERGY	
DAY Tuesday (first day of cycle felt tired)			SCALE OF 1-10	
			BEFORE EATING	AFTER EATING
BREAKFAST	8-9am	Salt and Warm Water Coffee and soy Pea Protein Shake	PAIN	0
			ENERGY	5
SNACK	11am	Kiwi fruit 2, half apple	PAIN	0
			ENERGY	7
LUNCH	1pm	Leafy Greens, four bean mix, Red onion, capsicum, small amount goats chs, cucumber, snap peas small can tuna lemon olive oil dressing salt+pepper Salad (homemade)	PAIN	1
			ENERGY	5
SNACK				
DINNER	6.30pm	Air fryer salmon w lemon juice salt+pepper, Mashed potato + sweet potato mash ,Broccolini, topped topped w parsley (homemade)	PAIN	0
			ENERGY	6
SNACK				

DAY Wednesday				
BREAKFAST	8-9am	Teaspoon rock salt in warm water, Coffee w almond milk, Pea Protein Shake w 1/2 water & 1/2 Almond milk.	PAIN	0
			ENERGY	7
SNACK				
LUNCH	12.30pm	Four bean mix salad, with radish, red onion capsicum lemon and olive oil dressing, Gluten free zucchini Fritter,	PAIN	0
			ENERGY	7
SNACK	3pm	Mandarin and pomegranate	PAIN	0
			ENERGY	7
DINNER	6pm	eye fillet steak, Green beans, Broccolini, Mashed potato, Sweet Potato some leftover bean salad	PAIN	0
			ENERGY	6
SNACK	9.30pm	handful veggie chips, two pieces coconut dark choc, Chamomile tea.	PAIN	0
			ENERGY	6