

DIET DIARY			PAIN/ENERGY	
DAY Wednesday			SCALE OF 1-10	
			BEFORE EATING	AFTER EATING
BREAKFAST	8.30am	Coffee with soy milk	PAIN	0
	11am	Banana Smoothie w dates, soy milk, honey and matcha powder 1/2 tsp Paw Paw half cup	ENERGY	7
SNACK	1pm	Turmeric organic coffee latte.	PAIN	0
			ENERGY	7
LUNCH	2pm	Fried chicken wings with Ranch like sauce Hot Chips, Zucchini salad w walnuts, goat chs, Radish, preserved lemon and dark leafy green leaves.	PAIN	8
			ENERGY	5
SNACK		Note: After eating the above meal I had pretty much instant intense pain flare that felt like trapped gas that lasted until the next morning although the level of severity eased off within this time period. (pub food from Newport arms)		
DINNER	7.30pm	Sashimi, garlic edamame, Miso soup w Tofu Salmon sushi roll w crm chs, avo, white rice and spring onion, Soft shell crab sushi roll w roe and teriyaki type sauce. tempura veg and prawns and seaweed salad. Red wine 1 glass (Waka Restaurant)	PAIN	6
			ENERGY	4
SNACK	9pm	Mango Weiss Bar		

DAY Thursday				
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	5
			ENERGY	5
SNACK	Text			
LUNCH	12.30pm	Omelette w Mushroom, turkey pieces, capsicum, red onion, Parsley, Coriander on gluten free toast w half an avocado (homemade)	PAIN	4
			ENERGY	6
SNACK	3pm	Red apple and mandarin Roasted Seaweed snack	PAIN	4
			ENERGY	5
DINNER	7pm	Chicken and Veg Soup with soup mix legumes, chickpeas, red lentils, corn, capsicum, black beans, zucchini, mixed herbs olive oil spices, Paprika, cumin, fennel, chilli, garlic onion (homemade)	PAIN	3
			ENERGY	4
SNACK	9.30pm	Rollers Bakery Croissant with eggplant, Hummus and jalapeño.	PAIN	2
			ENERGY	3

DIET DIARY			PAIN/ENERGY	
DAY Friday			SCALE OF 1-10	
			BEFORE EATING	AFTER EATING
BREAKFAST	8.00-8.30am	Salt water, Coffee Pea protein shake	PAIN	1
			ENERGY	5
SNACK			PAIN	
			ENERGY	
LUNCH	1pm	Chicken/Veg soup leftovers.	PAIN	0
			ENERGY	6
SNACK				
DINNER	7.30pm	whole peeled tomato gravy with onion garlic, chilli,paprika, mixed herbs served with poached chicken and herb with currant cous cous.	PAIN	0
			ENERGY	5
SNACK				

DAY Saturday				
BREAKFAST	9-10am	Coffee and soy milk boiled egg and vegemite on GF toast.	PAIN	0
			ENERGY	4
SNACK				
LUNCH	12.30pm	White anchovies, baby tomatoes, olives and ciabatta bread Lemon Oregano and octopus soup Prawn Linguini King crab claws & clams in lemon butter sauce w herbs 3 glasses Red Wine.	PAIN	0
			ENERGY	6
SNACK				
DINNER				
SNACK	9.30pm	Cashew nuts, twisties, Dark chocolate glass red wine.		0
				4

DIET DIARY			PAIN/ENERGY	
DAY Sunday			SCALE OF 1-10	
			BEFORE EATING	AFTER EATING
BREAKFAST	9-10am	Coffee with soy milk Pea Protein Shake	PAIN	0
			ENERGY	4
SNACK				
LUNCH	2pm	Organic Bacon and egg Roll w tomato chutney on a Charcoal gf bun Watermelon Pineapple Ginger and mint fresh Juice (Ruby Lane Manly)	PAIN	2
			ENERGY	6
SNACK				
DINNER	7.30pm	Vodka Gnocchi, Pizza w Kale and Mushroom, Seafood Pizza. (Pocket Pizza Manly) 2x Glass red wine	PAIN	1
			ENERGY	5
SNACK				

DAY Monday				
BREAKFAST	9-10am	Coffee w almond milk.	PAIN	0
			ENERGY	4
SNACK	11 am	Watermelon Juice, Slice of leftover mushroom/kale pizza.	PAIN	0
			ENERGY	6
LUNCH	3 pm	Chicken Riblets w peri peri sauce, Hot chips, lemonade (Nando's)	PAIN	0
			ENERGY	5
SNACK				
DINNER	8.30 pm	red lentil, Capsicum and assorted legume soup olive oil and butter & stock base w spices and herbs (homemade)	PAIN	0
			ENERGY	4
SNACK				

DIET DIARY			PAIN/ENERGY	
DAY Tuesday			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	6
SNACK				
LUNCH	12.30pm	Omelette w Mushroom, capsicum, red onion, Parsley herbs + spices and chilli, Guacamole and tomato. (homemade)	PAIN	0
			ENERGY	6
SNACK	3pm	Chs tomatoand crackers (vita weats)	PAIN	0
			ENERGY	6
DINNER	6pm	Mexican legume soup with beans 5 types,corn, chicken,spring onion herbs and spices chilli, topped with avocado and gf Tortilla (homemade meal)	PAIN	0
			ENERGY	6
SNACK	9.30pm	Dark Chocolate 3 pieces	PAIN	0
			ENERGY	5