

DIET DIARY			PAIN/ENERGY	
DAY 1			SCALE OF 1-10	
			BEFORE EATING	AFTER EATING
BREAKFAST	8am	Lemon water, home made banana bread, coffee with oat milk	PAIN	
			ENERGY 3	8
SNACK				
LUNCH	12:30	Rice Pilaf with Tuna		
			7	7
SNACK				
DINNER	19:30	Cauliflower and Sweet Potato Curry with rice		
			6	6
SNACK	20:00	Dark Chocolate		
			6	6

DAY 2				
BREAKFAST	07:20	Lemon Water, Porridge with Rhubarb and toasted almonds, Coffee with Oat Milk		
			4	7
SNACK				
LUNCH	12:30	Left over Curry from previous night		
			5	7
SNACK		Coffee and biscuit		
			6	8
DINNER	17:30	Pub Meal: Chicken Parmigiana, chips and salad, with a beer		
			6	5
SNACK				

DIET DIARY			PAIN/ENERGY	
DAY 3			SCALE OF 1-10	
			BEFORE EATING	AFTER EATING
BREAKFAST	8am	Lemon water, Coffee with oat milk and Porridge	PAIN	
			ENERGY 3	8
SNACK				
LUNCH	12:30	Broccoli and Potato Soup and GF Bread		
			7	7
SNACK				
DINNER	19:30	Same as Lunch		
			6	6
SNACK				

DAY 2				
BREAKFAST	07:20	Lemon water, coffee with oat milk, Toast with butter and vegemite		
			4	7
SNACK				
LUNCH	12:00	Lamb, Mushroom and Potato Pot Pie		
			5	7
SNACK		Bread, Cheese and Prosciutto		
			6	7
DINNER	18:30	Braised Beef cheeks, mashed potato, cauliflower and peas		
			6	6
SNACK				

DIET DIARY			PAIN/ENERGY	
DAY 4			SCALE OF 1-10	
			BEFORE EATING	AFTER EATING
BREAKFAST	8am	Porridge and coffee	PAIN	
			ENERGY 3	8
SNACK		Apple		
			5	6
LUNCH	13:00	vietnamese bahn mi		
			7	8
SNACK				
DINNER	19:30	Roasted Root vegetables with buckwheat and goats cheese		
			6	6
SNACK				

DAY 5				
BREAKFAST	07:20	Baked Beans on toast with eggs		
			3	8
SNACK	10:30	Apple		
LUNCH	12:30	Toast with avocado		
			5	7
SNACK				
DINNER	18:30	Tuna Pasta with chilli, garlic and herbs		
			6	5
SNACK	19:00	cheese and chocolate		

DIET DIARY			PAIN/ENERGY	
DAY 6			SCALE OF 1-10	
			BEFORE EATING	AFTER EATING
BREAKFAST	8am	Lemon water, home made banana bread, coffee with oat milk	PAIN	
			ENERGY 3	8
SNACK				
LUNCH	12:30	Sashimi Tuna, Kingfish and Garfish with garden salad	6	7
SNACK	14	coffee and banana bread	5	7
DINNER	19:30	Roast Chicken with vegetables and peas	5	7
SNACK				

DAY 7				
BREAKFAST	07:20	Toast with vegemite	4	7
SNACK	11	Apple and mandarin	6	7
LUNCH	12:30	Left over chicken from dinner	5	7
SNACK	14:00	Coffee and biscuit	5	8
DINNER	17:30	Tuna Steak with rice and asian greens	6	6
SNACK	21:00	CHocolate	4	5