

DIET DIARY			PAIN/ENERGY	
DAY 18/09/2020			SCALE OF 1-10	
			BEFORE EATING	AFTER EATING
BREAKFAST		Protein Shake with 1/4 papaya 01 cup of coffee with Almond Milk	PAIN	
			ENERGY	
SNACK		01 cup of coffee with Macadamia Milk		
LUNCH		100g Pork Mince with 3tbsp brown rice and quinoa		
SNACK				
DINNER		Mushroom and Beans burger - no bread no salad		
SNACK				

DAY 19/09/2020				
BREAKFAST		Protein Shake with 1/4 papaya 01 cup of coffee with Macadamia Milk		
SNACK		01 reg coffee with Almond Milk		
LUNCH		Tuna sandwich with salad on 2 slices of wholemeal bread		
SNACK				
DINNER		Homemade Sushi / Sashimi (Salmon)		
SNACK				

DIET DIARY			PAIN/ENERGY	
DAY 20/09/2020			SCALE OF 1-10	
			BEFORE EATING	AFTER EATING
BREAKFAST		01 cup of coffee with Macadamia Milk 01 slice wholemeal bread with Goats cheese spread	PAIN	
			ENERGY	
SNACK		01 cup of coffee with Macadamia Milk		
LUNCH		01 Fish Taco 01 Beef Taco		
SNACK				
DINNER		Homemade ButterChicken with brown rice		
SNACK				

DAY 21/09/2020				
BREAKFAST		Protein Shake with 1 Kiwi 01 cup of coffee with Macadamia Milk		
SNACK				
LUNCH		01 cup quinoa pasta with Roast tomatoes and pepper sauce and 1 cup pf zchinni		
SNACK		2 Rice cake with goat cheese spread		
DINNER		120g eye fillet with 3 tbsp quinoa & brocolli		
SNACK				

DIET DIARY			PAIN/ENERGY	
DAY 22/09/2020			SCALE OF 1-10	
			BEFORE EATING	AFTER EATING
BREAKFAST		01 cup of coffee with Macadamia Milk 01 slice wholemeal bread with Goats cheese spread	PAIN	
			ENERGY	
SNACK		01 cup of coffee with Almond Milk		
LUNCH		2 sweet potatoes patties tuna 01 handfull salad with cucumber 01 cup zucchini		
SNACK				
DINNER		120g eye fillet handfull salad with cucumber 01 cup zuchinni		
SNACK				

DAY 23/09/2020				
BREAKFAST		Protein Shake with 1 berries 01 cup of coffee with Macadamia Milk		
SNACK		01 slice wholemean bread with goat cheese spread		
LUNCH		2 sweet potatoes patties tuna 01 handfull salad with cucumber 01 cup zucchini		
SNACK		2 Rice cake with cream cheese		
DINNER		01 cup of quinoa pasta with tuna and lemmon sauce 01 cup zuchinni		
SNACK				