

DIET DIARY			PAIN/ENERGY	
DAY <u>Monday</u>			SCALE OF 1-10	
			BEFORE EATING	AFTER EATING
BREAKFAST		Nut shake	PAIN 4	4
			ENERGY 5	5
SNACK		Cucumbers + carrot.	4	4
			5	5
LUNCH		Chicken salad	4	6
			5	5
SNACK		Nut Shake.	6	6
			5	5
DINNER		Corn tacos.	6	7
			5	5
SNACK		—		
			5	5

DAY <u>Tuesday</u>				
BREAKFAST		Nut shake	4	4
			5	5
SNACK		carrots		
LUNCH		Brown Rice + chicken w/ th turmeric.		
SNACK		—		
DINNER		Chicken wrap (GF)	6	6
			3	3
SNACK		—		

DIET DIARY			PAIN/ENERGY	
DAY <u>Wednesday</u>			SCALE OF 1-10	
			BEFORE EATING	AFTER EATING
BREAKFAST		Nut Shake	PAIN	
			ENERGY	
SNACK		—		
LUNCH		Chicken Salad.		
SNACK		—		
DINNER		chicken schnitzel (GF) + salad.		
SNACK		—		

DAY <u>Thursday</u>				
BREAKFAST		Nut Shake.		
SNACK		—		
LUNCH		Pesto pasta.		
SNACK		Nut Shake.		
DINNER		Salmon + veggies.		
SNACK		—		

DIET DIARY			PAIN/ENERGY	
DAY Thursday			SCALE OF 1-10	
			BEFORE EATING	AFTER EATING
BREAKFAST		Nut shake.	PAIN	
			ENERGY	
SNACK		cucumbers		
LUNCH		Brown Rice + chicken with turmeric.		
SNACK		cucumbers		
DINNER		Beef stir fry with rice noodles.		
SNACK		—		

DAY Friday				
BREAKFAST		Nut shake. + coffee.		
SNACK		—		
LUNCH		Salad with chicken.		
SNACK		—		
DINNER		Tofu green curry		
SNACK		—		

DIET DIARY			PAIN/ENERGY	
DAY <u>Saturday</u>			SCALE OF 1-10	
			BEFORE EATING	AFTER EATING
BREAKFAST		Nut Shake	PAIN	
			ENERGY	
SNACK		—		
LUNCH		Chicken wrap - G.F.		
SNACK		—		
DINNER		Prociuto pizza.		
SNACK		—		

DAY <u>Sunday</u>				
BREAKFAST		Nut shake		
SNACK		Rice crackers + Hummus		
LUNCH		Chicken salad.		
SNACK		—		
DINNER		Gluten free pasta with pesto.		
SNACK		—		