

| DIET DIARY | | | PAIN/ENERGY | |
|----------------------|--|---|---------------|--------------|
| DAY Monday 4 October | | | SCALE OF 1-10 | |
| | | | BEFORE EATING | AFTER EATING |
| BREAKFAST | | Pre-breakfast (usually an hour before) Organic coffee with almond milk (no additives) Chia seeds soaked overnight in almond milk with blueberries and mango | PAIN | |
| | | | ENERGY | |
| SNACK | | n/a | | |
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| LUNCH | | Sauteed chicken tenders (salt & pepper, OO) with salad of cos lettuce, radish and cucumber and carrot and parsnip puree | | |
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| SNACK | | Shredded green apple & carrot in olive oil | | |
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| DINNER | | Salmon (baked), coconut rice, sauteed bok choy with sesame oil and toasted sesame seeds | | |
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| SNACK | | n/a | | |
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| DAY Tuesday 5 October | | | | |
| BREAKFAST | | 2 eggs sunny side up fried with butter and tossed with roasted potatoes; side salad of radish, cucumber and cos lettuce | | |
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| SNACK | | Mango | | |
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| LUNCH | | Roasted duck leg, same side salad as above, roasted potatoes (same as above) | | |
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| SNACK | | Shredded green apple & carrot in olive oil | | |
| | | | | |
| DINNER | | Same as lunch | | |
| | | | | |
| SNACK | | n/a | | |
| | | | | |

| DIET DIARY | | | PAIN/ENERGY | |
|------------|--|---|---------------|--------------|
| DAY | | | SCALE OF 1-10 | |
| | | | BEFORE EATING | AFTER EATING |
| BREAKFAST | | Two eggs scrambled with potatoes, spring onion | PAIN | |
| | | | ENERGY | |
| SNACK | | Black tea; apple | | |
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| LUNCH | | White rice, sauteed chicken tenderloins, boiled snap peas, spring onion | | |
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| SNACK | | Mint tea, small piece of chocolate | | |
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| DINNER | | Potato mash (no milk, just butter), sauteed chicken tenderloins, cos lettuce, radish, cucumbers, spring onion | | |
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| SNACK | | n/a | | |
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| DAY | | | | |
|-----------|--|--|--|--|
| BREAKFAST | | Two eggs on buckwheat "rice" crackers Apple | | |
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| SNACK | | Espresso coffee, small piece of chocolate | | |
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| LUNCH | | Baked john dorry filets, baked potato, watercress, coriander and radish salad with olive oil, salt & pepper | | |
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| SNACK | | Mango & blueberries | | |
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| DINNER | | Chicken breast baked with sauteed leek and goat cheese; roasted potatoes, cos lettuce, radish, olive oil salad | | |
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| SNACK | | n/a | | |
| | | | | |

| DIET DIARY | | | PAIN/ENERGY | |
|------------|--|---|---------------|--------------|
| DAY | | | SCALE OF 1-10 | |
| | | | BEFORE EATING | AFTER EATING |
| BREAKFAST | | Baked pear, GF oats porridge with water and salt, toasted macademia nuts | PAIN | |
| | | | ENERGY | |
| SNACK | | Apple | | |
| | | | | |
| LUNCH | | Roasted baby carrots, sauteed lamb chops in rosemary, garlic, thyme toasted blanched almonds | | |
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| SNACK | | Buckwheat cracker with almond butter, blueberries | | |
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| DINNER | | Same as lunch, lamb cooked fresh | | |
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| SNACK | | Mango | | |
| | | | | |

| DAY | | | | |
|-----------|--|---|--|--|
| BREAKFAST | | Overnight oats in almond milk, with chia seeds, wild blueberries (from frozen) | | |
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| SNACK | | Apple | | |
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| LUNCH | | Boiled potatoes, dressed in butter and dill Eye fillet (pan seared/cooked); salad of radish, arugula, cucumber | | |
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| SNACK | | Mint tea with a piece of chocolate | | |
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| DINNER | | Same as lunch, eye fillet cooked fresh (marinated in salt, pepper, olive oil earlier) | | |
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| SNACK | | n/a | | |
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