

FOOD LIFESTYLE DIARY

PATIENT NAME: Angela Churchill

NEXT APPOINTMENT:

DATE: 15.10.22

	 TIME	 FOOD	 DRINK	 DIGESTIVE SYMPTOMS	
e.g.	12:00	L	chicken sandwich with avocado, white bread	coffee + 2 sugars	bloated and tired
DAY 1	8:30	B	Detox Juice	water 2Lts	B + T
	11:45	L	fried rice	over day	B + T
	6:45	D	H/M nissels, pineapple slaw potato bake		B
	—	S			
DAY 2	8:50	B	oats, almond milk, 1 tsp raw sugar	water	T
	11:30	L	hamburger	water	B + T - nap.
	5:30	D	Scotch steak, pineapple slaw oven chips	1.9 over day	full
	10:15 4pm	S	pistachios		(di)
DAY 3	7:10	B	multigrain toast w/ vegemite	water 2Lts	(di)
	11:30	L	Chicken + veggie soup	water ↓	B
		D	Honey mustard chicken + rice	water	B
	1:30 4:45	S	banana grapes + blueberries	water	B
DAY 4	7:15	B	chia pudding w/ almond milk	water 2Lts	B
	11:30	L	veg + chicken soup	↓	1/2 B
	7:30	D	Honey mustard chicken + rice		1/2 B
	2:00	S	grapes + blueberries		
DAY 5	7am	B	chia pudding w/ banana	water	full
	12:00	L	tuna + salad	water	B
	6:55	D	lamb + veg	water	full
	2:00	S	grapes + blueberries		
DAY 6	6:50	B	banana	water	
	2:00	L	Charizo turkish	water	full
	6:45	D	sweet potato, pumpkin w/ salad	water	B
	11:30	S	grapes + blueberries	water	
DAY 7	7:10	B	vegimite toast	water	B
	12:00	L	sweet potato, pumpkin w/ salad	water	full
	5:45	D	salmon + vegies	↓	full
	2:00	S	grapes + blue berries	2Lts	

Examples: Drinks = tea, coffee, water, juice, soft drinks, alcohol

Digestive symptoms = headache, bloating, pain, nausea, burping, reflux, flatulence, indigestion, lethargy

B = Breakfast

L = Lunch

D = Dinner

S = Snacks