

# Annita Sterling Food Diary

## Wednesday 16/3/2022

- slept 8hrs woke up tired 7/10
- No new skin outbreaks
- Zolof, zinc, vitD
- Oat latte
- Piece toast (sour dough with strawberry jam and nuttelex)
- Water
- 1/2 class of probiotic filmjolk yogurt (blueberry)
- piece of homemade banana bread with nuttelex butter. (Banana bread; banana, eggs, plain flour, vanilla essence, unsalted butter, minimal sugar)
- Apple (red)
- 2 chic chip cookies
- 3 soothers (throat lollies)
- Green/mint herbal tea
- Water
- Dinner; basmati rice, slow cooked lamb with cumin, turmeric, cinnamon, onion, red lentils, peas, salt, pepper, dates
- Water
- green/mint tea

## Thursday 17/3/2022

- slept 7 hrs tired 6/10
- skin a little more inflamed today
- Zolof, Zinc, Vit D
- 2 weetbix with oat milk and a little honey
- Water
- Apple
- Banana bread 1 piece
- Oat latte small
- Handful of cheese chips
- Frozen fish (whiting crumbed) with veggies (corn, peas)
- Water
- Soft serve with a flake from McDonald's with the kids

## Friday 18/3/2022

- slept only 4hrs tired 7/10 (as we were away in a caravan and the rain was heavy)
- Fasting till blood test at 10am
- Zolof
- Skin a little more inflamed today
- large oat latte
- Water
- Sri Lanken style veg curry (frozen meal), cauliflower, lentils, split peas, beans, carrots.

- White chocolate buttons (small handful)
- Water
- Tacos (Mexican shredded beef, tomatoes, red capsicum, cucumber, lettuce cheese, taco shells, salsa, avo)
- White wine x2 glasses
- Salted peanuts

### **Saturday 19/3/2022**

- Slept 2hrs (heavy rain whilst in caravan)
- Zoloft
- bacon and eggs on white bread rolls with tomato sauce
- Oat latte
- Water
- BBQ lunch chicken sticks, sausages and salads (lettuce, tomato, red capsicum, cucumber)
- Ginger beer (low alcohol) x2 cans
- Apple and banana
- Crackers and dips (jazz, beetroot dip, hummus dip, spicy red capsicum dip)
- Water
- White wine x2 glasses
- Green/mint tea
- Water

### **Sunday 20/3/2022**

- Slept 8hrs tired 4/10
- Zoloft
- Skin unchanged
- Pancakes with strawberries, banana and maple syrup
- Oat latte
- Water
- Pizza (ham and pineapple, cheese and tomato, pepperoni)
- Water
- Grapes
- Mint patty (chocolate)
- Oat latte
- ham, cheese and avo toasty
- Mint/green tea
- Water

### **Monday 21/3/2022**

- slept 7hrs (6/10 tiredness)
- Zoloft
- skin a little more inflamed
- weetbix x2, blueberries and oat milk
- Oat milk latte
- Cheese and tomato toasted sandwich (with sourdough bread) and nuttalex
- Water
- Banana bread
- Apple
- Green/mint tea
- white fish baked with lemon, garlic and nuttalex
- Broccoli, mashed potatoes

- Hot chocolate (full cream milk)
- 2 digestive biscuits

## **Tuesday 22/3/2022**

- slept 8hrs (tired 5/10)
- Zoloft
- nutrigran cereal with oat milk
- Oat milk latte
- Water
- lentil, split pea soup (garlic, onion, fennel, turmeric, cumin, coriander ground, salt, veg. Stock low salt, sweet potato, carrot) with sour dough bread toasted
- Water
- Hot chocolate
- 2 digestive biscuits
- Mint/green tea

## **Wednesday 23/3/2022**

- slept 7hrs (5/10 tired)
- Zoloft
- nutrigran cereal with oat milk
- Oat latte
- Banana bread
- Lentil soup from night before for lunch
- Mint/green tea
- Water
- Apple
- whole organic chicken with garlic, olive oil, thyme, in the air fryer
- With carrots and broccoli
- Water
- hot chocolate
- X2 digestive biscuits