

5. 7.24.

Jasmine

Pretty good.

Had a while where food was so important.

Went to Probus - left early.

Didn't go to knitting.

No motivation to not eat the food.

~~Went to lunch~~ i.e. Nawaen - cancelled

I need to figure out how to do things differently.

Food oriented

Going to bed at 6pm.

I managed to turn it around.

I sabotaged myself. - eating more; toilet more.

New Knit is project.

One strategy -

Fills the hole; if nothing, there; boredom.

Breakfast - don't eat. Water till lunch.

Lunch - big salad i.e. eggs; seeds; falafel.
occ. baked beans or eggs; buckwheat
crisp bread.

Dinner - big salad i.e. salmon
occ. rice dish

Nuts - almonds, brazil.

D/L & oil & protein.

I.B.S. -

