

Sarah.P. Followup

FRI 19 AUG

10:30 am

#.

11/7/22

3:30 pm - 4:10 pm

• had COVID - last wk.

• no monicol -

doing kiwi + GF.

- Got rns 2 kiwi initially.

2 day ok:

- ↑ protein - 2 eggs + GF bread

then kiwi snack

lunch - protein + ~~veg~~ veg -

(sweet pot, brocc, ~~brocc~~, ~~brocc~~).

yog + banana.

then satisfied → dinner - less rice/pasta.

hasn't been hungry after dinner.

Fand GF ok..

- hard to exercise earlier.

ⓧ wants to try still.

thinking joining gym.

ⓧ eating breakfast

earlier

hard.

→ made savory muffins.

20min

1/ eating behaviors (binge)

2/ constipation

3/ hormones

4/ bloating

morning - ok

lunch = salmon / chicken
+ roast veg.

← not sap fan.

⊗ wraps - toast / coleslaw, ~~ben~~ + chicken.
- sap - pumpkin base.

⊗ Sweet pot + chickpea.

⊗ minestrone sap

- had almond milk. Bought chai.

→ still need to do bloods - + iron.

Albus - still a night. - hasn't paid as much
attention.

• ok w/out dairy.

• doesn't like greek yoghurt - Tamar Valley

⊗ Jalna. Greek.

* ⊗ Siggie.