

Food and Exercise Diary

Date: 3 March - 10 March

11
weigh

AM
weigh-in

96.1kg

95.2kg

94.8kg

94.6kg

93.4

94.6

95.6

Day	Breakfast	Lunch	Dinner	Drinks	Snacks (Time)	Exercise
Monday	Smoothie: banana + mango 2 TBSPN yoghurt + oat bran 1/4 cup almond milk	Sauteed water spinach x2 boiled eggs x4 cherry tomatoes x1 radish	Vegetable soup carrot, broccoli, potato, mushroom stock, sweet pot, garlic	Turmeric/ginger + lemon warm water tea & soy milk x2	apple (12) handful mixed nuts	Quick dog walk (20 mins)
Tuesday	Blueberry + banana smoothie	1/2 Bahn Mi (white roll) pork Boiled egg cucumber x 1/2 French onion baby toms TBSA dip	" "	tea & soy milk x2 lemon water AM 750L water	50g mozzarella (2pm)	Dumbbell Full body - 30min (YouTube)
Wednesday	Banana + Pineapple + avocado smoothie	1/2 med sweet potato x1 chicken thigh / tot Salad greens, egg 2 TBSPN x1 tomato x1 yoghurt + x2 cucumber onion dip	chicken broth boiled egg miso paste water spinach	mint tea & honey water 500ML herbal tea Lemsip	pineapple (7pm)	Dog walk 4km
Thurs.	chicken broth & mango boiled egg + x1 mag water spinach (leftovers)	" "	veggie soup & yoghurt dollop	tea & honey / turmeric, honey, ginger & lemon	Biscoff x 2	None
Friday	1/2 x Bahn Mi	Boiled egg cucumber 1/4 x2 cherry toms.	lentil, roast carrot, braised cabbage + tahini dressing	tea & soy/m x2 water 750ml mini Fanta	Biscoff cheesecake cup! Cookie.	Manual labour all day!
Sat	Strawberry smoothie	GF ham sandwich + crisps	Battered seafood basket & steamed veg	tea & soy/m x5 standard drinks (alcohol)	Biscoff cookie slice cheesecake	Body surf + walk.
Sun	1/2 apple mushrooms 1 x multi grain	prawn roll hot chips	homemade Neapolitan pizza	water lemon iced tea tea & soy/m	biscoff x1	Swim/Beach

sore throat
Side

sore throat
Side
congestion

93kg

Belated
Birthday.
Dinner

Smoothie = x1 banana, 1/4 cup almond milk, tablespoon flaxseed + wheat germ, x2 TBSPN yoghurt
always is and approx. 1/4 - 1/2 cup of whatever fruit (berries, mango etc).
avo, pineapple