

Date: 7-14 April

Day	Breakfast	Lunch	Dinner	Drinks	Snacks (Time)	Exercise	Notes
M 93kg	blueberry + banana smoothie	roast cabbage x2 boiled eggs chicken thigh boiled	spaghetti (1/2 cup) prawns + tomato	tea w/ soy — water	ice cream bowl. toasted cheese sandwich.	—	Full day work. good news.
T 92.2kg	green bean, water spinach, parsley omelette 2 eggs x1 slice seeded bread	Teff spaghetti - prawn marinara fresh toms, garlic, parsley	x2 ham + cheese toasties & mayo on white bread	tea w/ soy — water	Cheezels + cheese + onion chips	Walk 3.5km —	side! tummy ache
W 92.3kg	x2 boiled eggs 1/2 cucumber 1/2 avocado	miso soup 1/2 boiled chicken thigh + shallots	Nasi Lemak — 1 cup rice — chicken — cucumber, egg, nuts	tea w/ soy — water	/	/	float + massage
Th 93.4kg	x2 banana smoothie	fish and prawn braised in - tomatoes big bunch - spinach, parsley, basil - cucumber 1/2 avo 1/2		tea w/ soy — water	5 Medjool dates (around 4pm)	6 km walk —	study day —
F 92.5kg	2 egg omelette w/ parsley, rocket, spinach + chives	- cos lettuce, 1/4 cuc, boiled egg, x1 chicken thigh (roasted) + Caesar dressing (no mayo)	pumpkin soup & diced chicken thigh topper	tea w/ soy — water	bag of Nacho cheese crisps	5 km walk —	study + errands.
S 93.2kg	blueberry + banana smoothie	egg, mayo, lettuce, cuc on Turkish toast	pizzas ÷ 12" pizza + chicken liver parfait & bagel	tea w/ soy — water — red wine	chocolate	3 km walk —	
Su	Let's not		talk about Sunday!!		It was a write-off!		

Date: 15-04-2024

Day	Breakfast	Lunch	Dinner	Drinks	Snacks (Time)	Exercise	Notes
M ?	Banana + tropical fruit (frozen mix) smoothie	Sauteed silverbeet, zucchini, tomatoes, 1/4 avo + eggs (x2).	pumpkin soup.	tea w/soy water	/	21 mins HIIT 3-2 km walk	didn't have cravings b/c I balanced the meal!
T 94.3 94.4	Banana + pineapple smoothie.	Italian ham + pastrami panini + cheese + onion (very big!)	Sauteed zucchini, silverbeet, prawns + snake beans + 1/4 cup soba noodles	tea w/soy water	5 maltesers + a boiled lolly (8pm)	4 km walk	Felt really hungry! mad sugar cravings.
W	boiled egg	broth miso + sliced chicken + spring onions	pumpkin soup.	tea w/soy water herbal tea	1 date.	/	Sore tummy big study day.
Th 92.6	1 cup oat bran (warm) 1 banana 1/2 cup almond milk	burek x 1 slice ricotta + meat	Small laksa + noodles (1/2 removed (serve))	tea w/soy water	—	2 km walk + ocean dip	Sore tummy gluten? } like a stitch...
F 92.4	small banana smoothie	potato + leek soup x 1 large mug	chicken + pasta small apple crumble	x 2 glasses red tea + water	x 2 mini- cup cakes	3 km walk	Sore tum! UTI?
S 92.4	eggs, avo toast	sushi train (3 plates)	mug of pea + ham soup.	Water — tea.	bag of crisps	3 km walk.	UTI! got antibiotics rested.
Su 92.9	eggs + Wrap multigrain	fish + chips + lemon squash				Bush walk 5.4 km Minnamurra Falls	UTI (getting better).