

	<b>Every Day Breakfast</b>							
04:30	Warm cup of water first thing in morning							
06:00	First cup of single shot espresso coffee							
08:00	smoked salmon, eggs, avocado, sourdough toast, garlic, chilli, jalepeno (occasionally will add in bacon)							
	Half of (Punnet of Raspberries, blackberries, pineapple, or green apple (either one of any of these))							
	2 more coffees							
12:00	Banana & cofee							
	I do try to have nuts but often Richard just gorges on them all							
	Walnuts, pistachios, raw macadamia							
	<b>Last week</b>							
15:00	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>	
	Chicken	Pork mince	Steak	Ate out	Grilled salmon	Beef Bourguignon	Beef Bourguignon	
	Brussel sprouts	Green beans	Broccoli	Steamed dumplings	Chips		(Leftovers)	
	Broccoli		Zucchini	Hamburger				
	Bacon							
	Cauliflower rice							
	Every meal has fresh chilli and garlic							
	Nothing for rest of day. Unless Richard tempts me with the occassional chocolate or stove made popcorn							