

<b>FOOD DIARY</b>				
<b>DATE</b>	<b>TIME</b>	<b>FOOD</b>	<b>TIME</b>	<b>DRINK</b>
9/14/24	8AM	HAM,CHEESE & TOMATO TOASTED SANDWICH	6.15AM	PREBIOTIC COLLAGEN PROTEIN IN COCONUT MIL
	12.30PM	CHICKEN SNITZEL & PASTA (RED SAUCE)	8AM	1 X COFFEE WITH OAT MILK
	3PM	4 X ALIENS LOLLIES (PARTY MIX)	11AM & 1PM	2 x GLASSES OF COCA COLA
	8.30PM	STEAK, POTATOE BAKE AND CORN	7PM-9PM	2 X GLASSES OF RED SPARKLING WINE
			ALL DAY	1LT WATER
9/15/24	8.30AM	BACON, EGGS, AVOCADO & FETA ON TOAST (2 PIECES)	8.15AM	BONE BROTH
	1PM	HAM, BEETROOT, LETTUCE AND TOMATO SANDWICH	8.30AM & 9.30AM	2 X COFFEE WITH OAT MILK
	4PM	6 X ALIENS LOLLIES	8.15AM	PREBIOTIC COLLAGEN PROTEIN IN COCONUT MIL
	8.20PM	PORK RIBS, CHIPS AND COLESLAW	1PM & 3PM	2 x GLASSES OF COCA COLA
			7PM-9PM	2 X GLASSES OF RED SPARKLING WINE
			ALL DAY	1-2LT WATER
9/16/24	6.30AM	1 X CRUMPET WITH BUTTER AND HONEY	6.30AM	BONE BROTH
	12.45PM	POTATOE WITH MINCE AND CHEESE	6.30AM	1 X COFFEE WITH OAT MILK
	8.30PM	2 X ENCHILADAS	7.30AM	PREBIOTIC COLLAGEN PROTEIN IN COCONUT MIL
			ALL DAY	2-2.5LTR WATER
9/17/24	12.30PM	POTATOE BAKE	6.10AM	BONE BROTH
	4.45PM	6 X ALLENS LOLLIES	6.10AM	1 X COFFEE WITH OAT MILK
	4.45PM	PEANUT BUTTER ON SALADA	7.30AM	PREBIOTIC COLLAGEN PROTEIN IN COCONUT MIL
	4.45PM	MUESLI BAR	ALL DAY	1-2LT WATER
	8.20PM	PORK STIR FRY		
9/18/24	6.45AM	1 X CRUMPET WITH PEANUT BUTTER	6.10AM	BONE BROTH
	12.35PM	PORK STIR FRY	6.10AM	1 X COFFEE WITH OAT MILK
	4.25PM	6 X ALLENS LOLLIES	7.30AM	PREBIOTIC COLLAGEN PROTEIN IN COCONUT MIL
	4.25PM	PEANUT BUTTER ON SALADA	ALL DAY	2LT WATER
	4.25PM	MUESLI BAR		

	8.30PM	LAMB CUTLET (X3) AND PASTA		
9/19/24	6.45AM	1 X CRUMPET WITH PEANUT BUTTER	6.10AM	BONE BROTH
	12.35PM	PORK STIR FRY	6.10AM	1 X COFFEE WITH OAT MILK
	8.25PM	CHICKEN SKEWERS AND VEGGIES	7.30AM	PREBIOTIC COLLAGEN PROTEIN IN COCONUT MIL
			ALL DAY	2LT WATER
9/20/24	6.45AM	1 X CRUMPET WITH PEANUT BUTTER	6.10AM	BONE BROTH
			6.10AM	1 X COFFEE WITH OAT MILK
			7.30AM	PREBIOTIC COLLAGEN PROTEIN IN COCONUT MIL