

Friday 20 September 2024.

7am / pilates.

9:45am / dark rye sourdough w butter,
avo, dukkah, pepper.
black tea.
fish oil + nicotinamide.

11:15am / not coffee + muesli bar.

1pm / mushroom tacos.

2pm / mandarin.

4pm / ricotta cheesecake + camomile tea.

Monday 14 October 2024.

7am / morning stretches.

9am / Breaky Sorbet (frozen fruits
blended: red currants, cherries,
raspberries, blackberries, strawberries,
blueberries.
fish oil, vit. B3.
black tea.

11am / not coffee.

1pm / cos lettuce, apple, mandarin.

2pm / anti-inflam tea.

7pm / stir fry: spinach, mushroom,
zucchini, onion, egg, brussels sprout

8:30pm / sleep tea.
fish oil, turmeric caps.
magnesium + kak. plum.

Tuesday 15 October 2024.

7am / clinical pilates.

9:30am / breaky sorbet
black tea.
vit: fish oil + B3.
watermelon.

12pm / not coffee.

1pm / WelleCo Super Elixir.
lettuce, capsicum, cucumber,
hummus.

3:30pm / mandarin
anti-inflam tea.

7pm / stir fry + egg.

8:30pm / sleep tea.
vit. magnesium + turmeric.
+ fish oil.

+ spin class at 5:30pm

Wednesday 16 October 2024.

9:30am / breaky sorbet
vit. fish oil + B3.

11am / veg quiche + lemon scone.

11:30am / black tea.

12:30pm / lettuce, capsicum, cucumber,
hommus.

2pm / not coffee.

4pm / anti inflam tea.

6pm / camomile tea.

8:30pm / stir fry.
sleep tea.
vit: fish oil, mag, turmeric,
kak plum.

Thursday 17 October 2024.

9:45am / black tea.
breaky so/bet
vit: fish oil + B3.

10:30am / not coffee.

12pm / watermelon + raspberries.