

4:25

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Food Diary Wednesday

Banana

Water
Strength class

Açaí smoothie small
Walk dog

2 gf toast with avacado

Carrot and ginger juice

2 small pieces of steak with noodles

Apple

Tea with honey

Poke bowel- rice, beef, carrot, cucumber

+

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Food Diary Thursday

1 date

Water
Ran 8km

Açaí smoothie small (Diggies)

Water

2 gf toast with butter

Black tea with honey

Handful of blueberries

1 small apple

Water
Pilates

1 burger patty

1 stuffed zuchini (rice and meat)

Half mango wedge

+

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Food Diary Sunday

- ☐ Date
- ☐ Croissant
- ☐ Banana
- ☐ Small chicken skewer with sweet and spicy sauce (Asian)
- ☐ Samaras lunch - meat skewer, rice, roast lamb, eggplant dip, tabouli
- ☐ I slice of sponge cake with strawberries and cream
After lunch felt really full and bloated. Needed to go for a walk after
- ☐ Tummy tea

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Food Diary Tues

- ☐ 1 Date
Ran 8km
- ☐ Cup water
- ☐ 1 orange
Pilates 45min
- ☐ Water
- ☐ Half subway sandwich chicken
- ☐ 1 apple
- ☐ 1 banana
- ☐ Water
- ☐ Popcorn (whole bag)

Food Diary Friday

- ☐ Tea with honey
- ☐ 2 gf toast with butter
- ☐ Chai latte - Lactose free
- ☐ Rye bread with avacado and tomatoes, ricotta cheese
- ☐ Piece of homemade banana bread
- ☐ 2 pieces of chicken - breast in the airfryer

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Food Diary Saturday

- 1 Date

Ran 8km

Cup water

1 orange

Pilates 45r

Water

Half subw

1 apple

1 banana

Water

Popcorn r

2 gf toast with avacado and tomatoes

Ran 6km

Pilates

1 orange

Rice with chicken

Eggplant

Tahini dressing

Slice mango

Morocon mint tea

Popcorn 1/2 bag

Felt very bloated (period bloat)

1 Date

Cup water

1 orange

Water

Half subw

1 apple

1 banana

Water

Popcorn r

2 gf toast with avacado and tomatoes

Ran 6km

Pilates

1 orange

Rice with chicken

Eggplant

Tahini dressing

Slice mango

Morocon mint tea

Popcorn 1/2 bag

Felt very bloated (period bloat)
- 1 Date

Cup water

1 orange

Water

Half subw

1 apple

1 banana

Water

Popcorn r
- 2 gf toast with avacado and tomatoes

Ran 6km

Pilates

1 orange

Rice with chicken

Eggplant

Tahini dressing

Slice mango

Morocon mint tea

Popcorn 1/2 bag

Felt very bloated (period bloat)

 New Reminder

 New Reminder