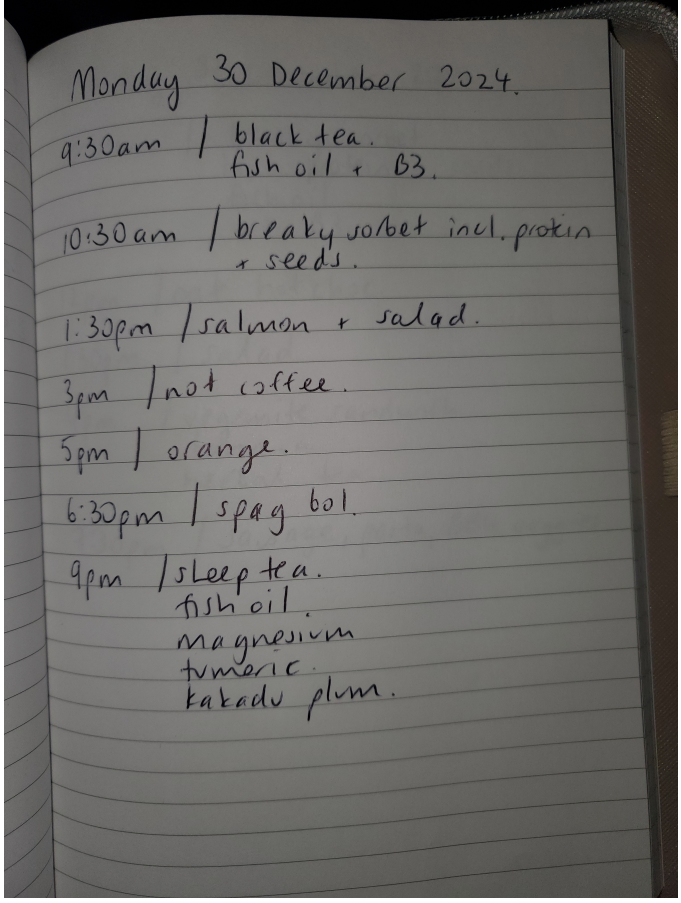

Monday 30 December 2024.

9:30am | black tea.
fish oil + B3.

10:30am | breaky sorbet incl. protein + seeds.

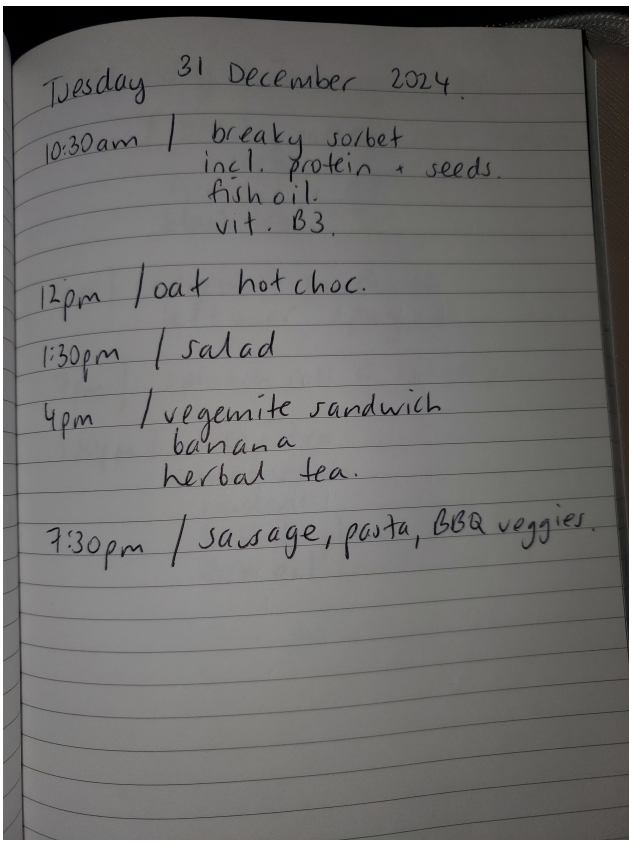
1:30pm | salmon + salad.

3pm | hot coffee.

5pm | orange.

6:30pm | spag bol.

9pm | sleep tea.
fish oil.
magnesium
tumeric
kakadu plum.


Tuesday 31 December 2024.

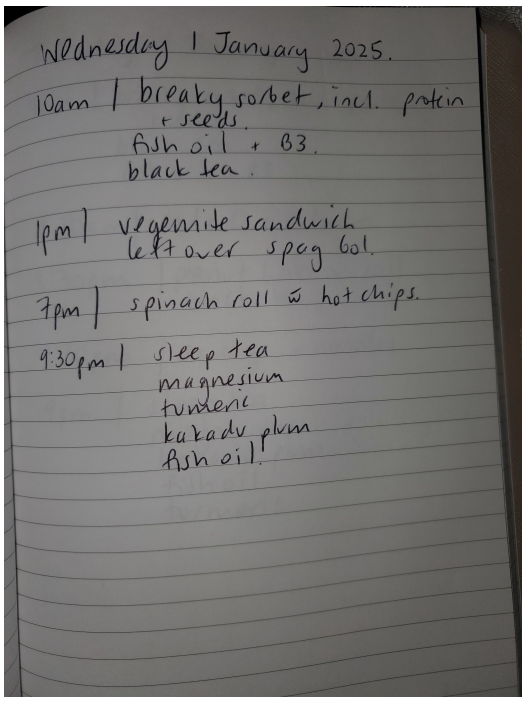
10:30am | breaky sorbet
incl. protein + seeds.
fish oil.
vit. B3.

12pm | oat hot choc.

1:30pm | salad

4pm | vegemite sandwich
banana
herbal tea.

7:30pm | sausage, pasta, BBQ veggies.

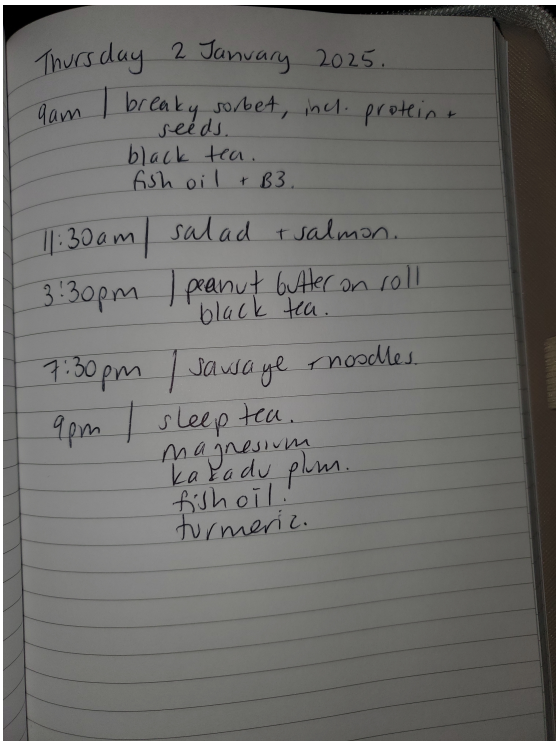

Wednesday 1 January 2025.

10am | breaky sorbet, incl. protein + seeds.
fish oil + B3.
black tea.

1pm | vegemite sandwich
left over spag bol.

7pm | spinach roll w hot chips.

9:30pm | sleep tea
magnesium
tumeric
kakadu plum
fish oil.


Thursday 2 January 2025.

9am | breaky sorbet, incl. protein + seeds.
black tea.
fish oil + B3.

11:30am | salad + salmon.

3:30pm | peanut butter on roll
black tea.

7:30pm | sausage + noodles.

9pm | sleep tea.
magnesium
kakadu plum.
fish oil.
turmeric.