

Monday 3 February 2025.

6:30am / morning stretches.

11am / breaky bowl
black tea
AM vitamins.

1:45pm / salad w eggs + hummus
herbal tea.

4:30pm / apple. + almonds.

6pm / prawn + pasta
oat milk.

9pm / orange
PM vitamins
sleep tea.

Tuesday 4 February 2025

7am / clinical pilates.

9:30am / black tea
breaky bowl
AM vitamins.

12:30pm / salad, egg, hummus.
herbal tea.

3pm / herbal tea.
berries + banana.

7pm / leftover prawn pasta.

9:30pm / sleep tea
PM vitamins.

Wednesday 5 February 2025.

12pm / breaky bowl
AM vitamins.
black tea.

3pm / apple + banana
herbal tea.

7pm / Japanese (hubby b'day).

9:30pm / sleep tea
PM vitamins

Thursday 6 February 2025.

10am / black tea.

10:45am / breaky bowl.
AM vitamins.

12pm / nectarine + banana.

2pm / salad, hummus, tin salmon.
not coffee, w oat.

3pm / orange.

7pm / 2 eggs on toast.

9pm / sleep tea
PM vitamins.

Friday 7 February 2025.

7am / clinical pilates.

11am / black tea.

12pm / breaky bowl
AM vitamins.

1pm / mushroom tacos.

3pm / not coffee, w oat.