

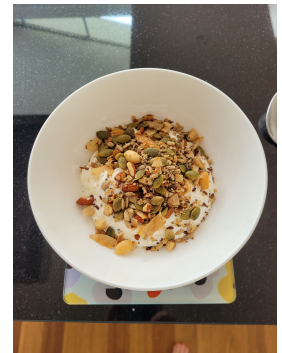
Hi Julie,
 I'm not 100% today, but at work, everything is a bit slow this morning.
 I emailed myself my food.
 I try not to use my work account on the weekend.
 I did on Sat to get the food diary together. There are a few pics attached.
 I can do any time on 24th Feb except 2-3pm or anytime on the 3rd March.
 Thanks,
 Libby

Tue
 7:00 am tea
 9:30 yoghurt and raspberries
 12:30 salad and tuna and balsamic, 100g rockmelon, 4 corn cakes, 2 cheese slices
 16:00 100g pineapple
 19:00 125g pork steak with pesto, 50g moon fish, salad
 21:00 Cointreau on ice, Lindt ball



WFH Wednesday

7:00 am tea
 10:00 ish yoghurt and granola (as photo) 165g yoghurt plus 35 g granola
 13:00 Salad (salad leaves, cucumber, capsicum, tomato) + 95g tuna + balsamic + 4 corn cakes + 2 cheese slices
 15:00 kiwi fruit, 100g pineapple
 17:15 200g yoghurt + strawberries, vegemite sandwich
 20:00 chicken, bok choy, broccolini teriyaki (left overs after orchestra)
 20:15 tea + 2 Lindt balls



Thu
 7:00 tea
 10:30 yoghurt and granola
 12:30 salad (salad leaves, cucumber, capsicum, cherry tomatoes) + 95g tuna + balsamic vinegar, 4 corn cakes, 2 cheese, slices, 100g pineapple
 14:00 coffee (double shot + milk) 100g pineapple
 18:30 Glass white wine (2 standard)
 19:45 Bolognese and eggplant stack (lean port mince, fennel, carrot, diced tomato) grilled eggplant



Fri
 6:00am is Tea
 9:30 200g yoghurt + 30g granola
 10:00 coffee (double shot + milk)
 11:30 100g pineapple, 4 corn cakes, 2 cheese slices
 13:00 salad (salad leaves, cucumber, capsicum, cherry tomatoes) + 95g Sirena Tuna (peppercorn) + 100g pineapple
 16:30 banana
 19:30 3 slices cheese, GF bun, Chobani raspberry drinking yoghurt, ½ lamington, white chocolate Magnum (road trip dinner picking up son from Uni)

Sat
 9:00 tea
 10:00 Yogurt & Granola
 12:30 Bolognese & eggplant slices (left overs from Thursday)
 14:30 Iced latte (2 shots, milk, ice)
 19:00 Pizza (home-made with tomato puree, bocconcini, jambon, olives, parmesan cheese. 1 glass Riesling. 3 Lindt balls

Sun

10:00am Yoghurt & Granola
11:00 Flat white (2 shots, milk)
12:30 Vegemite sandwich (2 slices bread)
14:30 2 kiwi fruit
18:00 Soda water, frozen strawberries, gin (1 std)
19:00 Roast chicken, pumpkin & chickpeas, baby spinach
20:30 decaf tea

Mon

6:30 ish tea
9:30 100g Pineapple, water
10:30 200g yoghurt, 65 g raspberries, tea
12:00 4 corn cakes
12:30 2x buns toasted with butter and vegemite
14:45 coffee, 2x Lindt balls
16:00 100g rockmelon, small handful almonds, water
19:15 crumbed flake, salad
21:30 Cointreau on ice

