

Monday 24 February 2025.

10am / black tea.
breaky bowl.
AM vitamins.
WelleCo super elixir.

12pm / herbal tea
apple.

3:30pm / veg + hummus.
not coffee w oat.

6:30pm / veg + lentil soup.

8:30pm / sleep tea.
PM vitamins.

Tuesday 25 February 2025.

9:30am / grapes + banana.
AM vitamins.

12pm / sandwich + cake
(funeral).

7pm / dahl
oat milk.

9pm / sleep tea.
PM vitamins.

Wednesday 26 February 2025

9:30am / black tea.

welle co.

breaky bowl.

AM vitamins.

11:30am / banana

not coffee w oat.

2:30pm / veg + hummus.

6pm / hot chocolate w oat
(hairdresser)

9pm / toast w p/bitter.

sleep tea.

PM vitamins.

Friday 28 February 2025.

9am / breaky bowl
black tea
AM vitamins
Welleco.

12pm / banana
herbal tea.

1:30pm / salad + hummus.

Monday 3 March 2025.

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

11:30am / banana.
not coffee w oat.

1:30pm / veg, egg, hummus.
herbal tea.

7pm / dahl
oat milk.

8:30pm / sleep tea
PM vitamins.

Tuesday 4 March 2025.

9am / black tea.
breaky bowl
AM vitamins.
Welle Co.

10am / black tea
cake.

2pm / eggs, veg, hommus
herbal tea.

7pm / dahl
oat milk.

9pm / sleep tea
PM vitamins.

Wednesday 5 March 2025

10:30am / breaky bowl
black tea
AM vitamins.
Welle Co.

1pm / veg + hummus.

7pm / dahl.

9:30pm / sleep tea
PM vitamins