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Subject: Life tracker
Date: 17 March 2025 at 11:49 am
To: Julie Landon Nutrition julie@julielandonnutrition.com

LA

Data for discussion today.

This file did have food diary started but my computer did some updates and I have lost that version of the file (I'm not that good at version recovery)

Since last appointment I

- Had vegetable only dinners for 2 weeks (25/2 to 9/3)
- 3 meals only
- Didn't notice an effect on weight so I reviewed data and added in menstrual symptoms. I think this is effect may be skewing the data.
- Have joined an outdoor fitness group (acknowledging that I need appointment fitness 6pm classes so the light veggie supper afterwards is working well).
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Example lunch. Pork, fennel and chilli skinless sausages





Example dinner Caponata (eggplant, tomato, green olives, fennel) almonds, cucumber, cos lettuce, mini tomatoes



Example dinner Caponata (eggplant, tomato, green olives, fennel) carrot, cucumber, baby spinach, smashed potato (low fat, low carb) mini tomatoes

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2025.xlsx

