

Date	29/3/24	30/3/24	31/3/24	1/4/24	Tue	Wed	THUR
Breakfast	GOOD FRIDAY 2 Eggs + 1 toast (Zinc + Mag)	EASTER SATURDAY Eggs Fritata + bacon + 1 toast (Zinc + Mag)	EASTER SUNDAY 2 Eggs + 2 toast (Zinc + Mag)	EASTER MONDAY 1 Egg + 1 toast	2/4/24 1 Egg + 1 toast (Zinc + Mag)	3/4/24 1 Egg + 1 toast (Zinc + Mag)	4/4/24 Fruit shake (Pineapple, strawberry, yogurt, protein powder)
Mid Morning	—	—	—	—	—	—	Apple
Lunch	Roast chicken thigh + veggie (Sweet pot, onion, carrot, spinach)	Ham + salad Sandwich Rye bread	Can of tuna + apple	Left over ravioli (Zinc + Mag)	Salad + tuna	Left over Pork + Veggie Pie	Left over Pork + Veggie Pie
Mid Afternoon	—	—	Small slice cheesecake Peppermint tea	5 small solid easter eggs	Apple	Muesli bar Peppermint tea	—
Dinner	Brown's game- braised Fish + beers 2 ginger beer	Pumpkin + spinach Ravioli	Bbq + salad (2 chipolates, 2 rissoles) + 1 rye bread	Bbq + salad (steak + 1 sausage)	Pork + Veggie Pidgeon pasty	Homemade pizza	Chicken + roast veggie
Evening	—	Small slice cheesecake	6 small solid easter eggs	—	Small slice cheesecake	—	—
Water Intake	~1.4L	~1.2L	~1.7L	~1.4L	~1.6L	~1.6L	~1.4L
Signs & Symptoms	Tired Felt good for exercise. -2 coffees Llam -walk + gym	Sore from gym Sore throat -brain fog -3 coffees Llam -walk + gym	-brain fog Sore throat -2 coffees Llam -walk + mowing lawn gym	-brain fog Sore throat -2 coffees Llam -walk + gym	-brain fog -2 coffees Llam -walk + gym	-brain fog -2 coffees Llam -walk + gym	-brain fog -2 coffees Llam -walk + gym

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