

ANGUS CHADWICK FOOD DIARY

DATE	Monday, 30 October 2023	Tuesday, 31 October 2023	Wednesday, 1 November 2023	Thursday, 2 November 2023	Friday, 3 November 2023	Saturday, 4 November 2023	Sunday, 5 November 2023
BREAKFAST	BANANA	BANANA, LARGE ALMOND FLAT WHITE	BANANA, LARGE ALMOND FLAT WHITE	BANANA, LARGE ALMOND FLAT WHITE	BANANA, LARGE ALMOND FLAT WHITE	BANANA, LARGE ALMOND FLAT WHITE	2 PIECES OF SOURDOUGH FRUITLOAF. SMALL ALMOND FLAT WHITE
MID MORNING	ALMOND FLAT WHITE	BLACK TEA (ENGLISH BREAKFAST)	BLACK TEA (ENGLISH BREAKFAST)				
LUNCH	PRAWN RISOTTO (LEFTOVERS)	SPAGHETTI BOLOGNESE (LEFTOVERS)	SALMON, MASH & SALAD AT PUB	CHICKEN SALAD SANDWICH WITH MAYONAISE	CHICKEN SALAD SANDWICH WITH MAYONAISE	FISH & CHIPS	PRAWN, AVOCADO AND LETTUCE SANDWICH WITH SOURDOUGH BREAD CONNISSEUR ICECREAM
MID AFTERNOON	4 x LITE CRUSKETS WITH LURPAK & VEGEMITE	4 x LITE CRUSKETS WITH LURPAK & VEGEMITE	BLACK TEA, 1/4 OF A CHOCOLATE CUPCAKE	BLACK TEA (ENGLISH BREAKFAST)	BLACK TEA (ENGLISH BREAKFAST)	1 GIN & TONIC	CHEESE AND BISCUITS. 1 x GIN & TONIC
DINNER	SPAGHETTI BOLOGNESE	PORK TENDERLOIN WITH CAULIFLOWER MASH AND ROASTED TOMATOES	CHICKEN PARMA WITH MASH, SALAD AND CHIPS (SIDE OF AOILI). 4 SCHOONERS OF BEER	CHICKEN CURRY WITH QUINOA AND RICE. PUMPKIN & BROCCOLI. 1 ALCOHOLIC GINGER BEER	BUNDABERG GINGER BEER WITH KETTLES CHIPS.BEEF SAUSAGES & GARDEN SALAD	PRAWNS & OYSTERS, SOURDOUGH BREAD. 2 x GLASSES WHITE WINE	BUTTER CHICKEN WITH GARLIC NAAN BREAD
EVENING	LEMON & GINGER TEA, 8 SQUARES OF CADBURY CHOCOLATE	LEMON & GINGER TEA, 2 SQUARES OF CADBURY CHOCOLATE	LEMON & GINGER TEA		LEMON & GINGER TEA	LEMON & GINGER TEA, 6 SQUARES OF CADBURY CHOCOLATE.	LEMON & GINGER TEA
WATER INTAKE	2 LITRES	2 LITRES	2 LITRES	2 LITRES	1.5 LITRES	1 LITRE	1.5 LITRES
SIGNS & SYMPTOMS	TIRED IN THE AFTERNOON						