

Date	2/10/	3/10.	4/10				
Breakfast	/	/					
Mid Morning	meat balls gerkin potato	Poppy seed puff					
Lunch	-11-	Sandwich cheese, liver, must capsicum					
Mid Afternoon	3 x choc.	/					
Dinner	Lentil Bolognaise	/					
Evening	Hibiscus 2 Raspberry 1 + honey	Butter chicken + rice					
Water Intake	Yes	Yes					
Signs & Symptoms							