

Date	23/09/20	24/09/20	25/09/20	26/09/20	27/09/20	28/09/20	29/09/20
Breakfast	Seed mix w banana & Almond milk	Seed mix w banana & Almond milk	Seed mix w almond butter & milk	Banana, yogurt	Seed mix w banana, yogurt, Almond butter	keto Bircher w fruit & Almond butter & milk	keto bircher w fruit & milk
Mid Morning	Apple, coffee, Corn chips	Carrots & hummus	Apples, carrot yogurt, coffee		2x choc ball, apple	Apple, coffee, celery w PB	celery w PB 2x
Lunch	Chickpea → pasta pasta w broccoli Zucchini, Mushroom, GF Pasta sauce		Smoothie - cauliflower, banana, blueberries, spinach, kale, yogurt, cocoa milk	Acai bowl w GF mulili Avo toast w tomato	Grilled GF burger w mushroom chips	vegan Mouska	Taco w tomatoes lettuce w salsa
Mid Afternoon	2x Celery w Peanut butter Mushroom & kale baegal w verde	Celery w Peanut butter Coffee, apple	Choc ball cocoa & peanuts, Strawberries	Seed mix w Almond milk	Dark choc, celery w PB	2x choc ball & chocolate celery	Mouska, chocolate, cocoa spread
Dinner	Smoothie - kale, spinach, banana, Almond yogurt, milk, blueberries, cocoa	Smoothie - cauliflower, zucchini, yogurt, blueberries, milk, Cocoa, spinach, kale	vegan taco - Jackfruit w cabbage, carrot mushroom, onion	Smoothie - cauliflower, yogurt, spinach, kale, milk, blueberries, cocoa	Chickpea Stew w veggies	Smoothie; kale, spinach, banana, berries, yogurt	Mushroom, kale baegal with trich
Evening	More pasta, Almond yogurt, vegan chocolate	Mushroom & kale baegal, yogurt, celery, carrot	2x choc ball Carrot, yogurt	Corn chips & salsa, celery		Chickpea Stew, yogurt	chocolate
Water Intake	2 Litres	2 Litres	1.5 litre	1.5 litre	2 Litres	2 Litres	2 Litres
Signs & Symptoms	Mildly bloated Stomach	very bloated with gas frequent	Mild bloating with frequent gels towards the evening	→ some but with loose bowel			Mild bloating

Date	30/09/20	1/10/20	2/10/20	3/10/20	4/10/20	5/10/20	6/10/20
Breakfast	AVO toast, keto butter	Toast w Cocoa spread & banana	Toast w Cocospread w banana	Smoothie w ^{yogurt} kale, spinach banana, protein powder, berries	→	GF Porridge & banana	Banana, blueberries, coffee
Mid Morning	2x Celery w PB	Celery w PB and coffee	Spinach & kale Smoothie w protein & banana	Toast w 2x cocoa spread Hot chips	Cereal clusters	coffee ^{cocoa spread} Celery & PB salsa and ^{corn chip}	Carrot, Almonds, Apple
Lunch	2x taco w avo, salsa & tomato ^{lettuce}	mushroom & kale baegal w trout	1/2 slice of vegan pizza	Miso Sushi Coffee & Celery	3 carrots 2x Celery w PB	Veggie bake	veggie bake
Mid Afternoon	2x Choc ball, chocolate	Nut cluster cereal 2x celery	Chocball Celery baegal mushroom & kale	Kale, mushroom and tomato baegal	coffee ^{mango} salsa & corn chips	Apple, carrot Chocball veggie chips	corn chips w salsa and bio cheese
Dinner	vegan mousba	vegan Pizza	Chickpea stew		Eggs, spinach, toast, tomato & mushroom	Cheese toast w tomato, spinach and egg	Fried rice w veggies and eggs
Evening	slice of toast w ^{cocoa spread}		Cereal, toast w cocoa	Yogurt made w rice flour	Almond yogurt w blue berries	veggie bake	berries & yogurt
Water Intake	2.5 Litres	2 Litres	1.5 Litre	1 litre	1 litre	1.5 Litre	2 Litres
Signs & Symptoms	bloated with frequent gas from 3pm	Bloated but with no gas	→	No gas and only a little bloating in morning	No gas but very bloated	bloated from morning to night	less bloated w no gas

Date	7/10/20	8/10/20	9/10/20	10/10/20	11/10/20	12/10/20	13/10/20
Breakfast	Banana	Banana, kale, spinach, berries, yogurt smoothie		Carrot, coffee, cookies	Banana keto bar	Smoothie	Smoothie
Mid Morning	Smoothie from cafe (dairy free) coffee choc treat slice	Scrambled eggs	beta bar carrots & celery		Coffee cookies	Coffee Apple, chocolate	Coffee, celery, choc ball
Lunch	Veggie bake & carrots	Fried rice Celery w PB Carrots	cookies - GF, Dairy free Scrambled egg w tom, mush, cheese (GF)	Corn chips w cheese (GF) and salsa	Veggie bake w broccoli Celery w PB	Veggie bake	Veggie bake
Mid Afternoon	Apple, celery w PB Almonds	Apple, Almond, fried rice, chocolate	cookies, carrot, coffee	chips, apple	Tuna & corn chips	Carrots, cookie, choc	Seasalt chips
Dinner	Fried rice w veggies and egg	Zambraro burrito, GF	Banana	Broccoli smoothie w kale ----	Fish burger & sweet potato fries	Scrambled egg w peas mushroom & onion	Jackfruit Mexican bowl, tomato, Avocado, lettuce, cucumber
Evening	Yogurt and berries w cocoa, chocolate	yogurt		Celery w PB	Strawberry cheesecake		Felt n vinegar chips
Water Intake	2 Litres	2 Litres	2 Litres	1.5 Litre	1.5 Litres	2 Litres	1.5 Litres
Signs & Symptoms	Mild bloating	A good day with no bloat and little gas	Bloated with bad gas toward evening.	No bloat, bad gas	Bad bloating and gas	bloated with gas	very bloated w gas

Did eat gluten

limited
Did eat gluten & Dairy