

Date	15/12/22	16/12/22	17/12/22	18/12/22	19/12/22		
Breakfast	/	nutella on toast w/ice coffee	maccas brekky	bacon/egg w/ice coffee	ice-coffee		
Mid Morning	/		/	/	/		
Lunch	chicken, pepper mayo sliders x2	/		/	tra. avo rice		
Mid Afternoon	Sea salt chips/ice coffee	Ice-black chips		chips			
Dinner	Ceasar wrap	sushi	/	Pizza			
Evening	/	/	ice cream	/			
Water Intake	1L	2L	3L	1L			
Signs & Symptoms	dry, itchy	/	itchy	very itchy			