

te	20.11.24	21.11.24	22.11.24	23.11.24	24.11.24	25.11.24	26.11.24
akfast	Apple Cinnamon Walnuts	Apple Cinnamon Sunflower Pepitas	Apple Cinnamon Walnuts	Apple Cinnamon Walnuts	Apple Cinnamon Pepitas	Apple Cinnamon Pepitas Sunflower	Apple Cinnamon Pepitas Sunflower
ning	—	—	—	—			
h	Mixed Salad AC Vinegar Extra Virgin olive oil cucumber Avocado pumpkin	Salmon AC Vinegar Avocado Grated Carrot Mixed lettuce Extra Virgin olive oil	Salmon Avocado Garlic Zucchini Spaghetti Extra olive oil AC Vinegar	chicken Avocado Salad Extra Virgin olive oil AC Vinegar	Grated Carrot Cucumber Apple Cider Extra Virgin Egg	Spinach Fetta Frittata Rocket Salad Avocado lemon	chicken Carrot Cucumber Avocado Mixed Salad Garlic AC Vinegar olive oil
oon	—	—	—	—	—	—	—
	Garlic Mixed Salad chicken Avocado Grated Carrot Extra Virgin olive oil AC Vinegar	chicken Avocado Garlic Extra Virgin olive oil AC Vinegar Avocado Salad	Mixed Green Salad chicken Garlic Extra Virgin olive oil	Beef eye fillet Mixed Veges Extra Virgin olive oil	chicken fillet Avocado Extra Virgin AC Vinegar	Basa Fillet Broccoli Sweet Potato Extra Virgin	Eggs Avocado Spinach Mushroom
	2 litres	2 litres	2 litres	2 litres	2 1/2 litres	2 litres	2 litres
is	Diarrhoea this morning.	Still diarrhoea	Soft stools	Soft stools	Still Soft	—	Back to diarrhoea