## Monday 21st July 2025

| Time | Intake |
| --- | --- |
| 5:00am | 1/2 glass water |
| 6:00am | 1 x 250ml can green V |
| 7:00am | 1 x white coffee |
| 7:05am | Half an Aussie Gold Camembert |
| Notes | Very sneezy this morning and watery eyes |
| 7:50am | 3 asparagus sticks (boiled), 1 x white tea, 3/4 bottle water |
| Throughout | 600ml Coke |
| 10:00am | White coffee |
| 12:00pm | 2 pieces pizza (cheese, tomato sauce, olives, mushroom, ham, salami, onion) |
| 12:10pm | 1 x 250ml green V can, 1/2 bottle water |
| 2:00pm | 4 asparagus sticks (boiled) |
| 2:30pm | 1 x 600ml raspberry Fanta |
| 6:00pm | 600ml Coke, 300ml water |
| 7:20pm | Nachos (corn chips, cheddar cheese, tomato, avocado, refried beans, beef mince), 300ml water |
| Notes | Sneezing tonight |

## Tuesday 22nd July 2025

| Time | Intake |
| --- | --- |
| 4:30am | 100ml water, 100ml Schweppes lime soda water |
| Notes | Very snotty this morning |
| Morning | 500ml water, 1 x white coffee (coconut milk), 1 x raspberry tea |
| | 1/2 pork sausage, 1 x white tea (coconut milk) |
| Notes | Headache, runny nose, watery eyes, irritable yesterday and today |
| 12:00pm | Lime soda water, blueberries, boiled broccoli, 600ml water |
| Notes | Not snotty now |
| 2:45pm | White coffee (coconut milk), blueberries |
| 7:40pm | 1 pork steak, 2 small roast potatoes (skin on), 1 roast zucchini |
| | Lime soda water |

## Wednesday 23rd July 2025

| Time | Intake |
| --- | --- |
| Morning | 300ml water, lime soda water |
| Notes | A little snotty, not as bad as yesterday; Hard then loose (bowel) |
| | Aldi red V, coffee (coconut milk), coconut yoghurt with raspberries & blueberries |
| | White coffee (normal milk), lime soda water |
| Meal | 4 Brussels sprouts, 3/4 pork sausage |
| | Aldi red V, white coffee (coconut milk) |

| Time | Intake |
|------|--------|
| Snacks | 1/2 can lentils, mixed nuts in honey (1/2 bag) |
| Dinner | Chicken penne pesto pasta with spinach, feta, sundried tomatoes |
| Snacks | 100g macadamia nuts |
| Drinks | 600ml water, lime soda water |

## Thursday 24th July 2025

| Time | Intake |
|------|--------|
| Morning | Water, lime soda water, Coke |
| | Coffee (coconut milk) |
| Meal | 4 crackers with goat cheese, turkey, lettuce, cucumber, alfalfa (ate 1, replaced 3 without cheese) |
| Snacks | Blueberries, raspberries, macadamia nuts |
| Meal | Turkey meat |
| Drinks | Coffee (coconut milk) |