	Time	Food and drink	Symptoms	Time	Severity	Symptoms	Time	Severity	Time	Bowel motion
24/9 DAY 3	6am	Breakfast: Cup of Dandelion tea two tea spoons of greek yogurt, blueberries + strawberries Some nuts and seeds + scoop of Protein in Lactose free milk	Cramping			Fatigue/ sleepy			3pm	X
			Nausea			Sinus congestion				
		Morning snack: — / —	Burping	8pm	1	Itchy throat				
			Heartburn	6 am	1	Coughing/mucous				
	12:00	Lunch: bit of sheeper's pie + Spinach (baby) a hand full	Reflux			Runny nose				
			Bloating			Headache				
	3:00pm	Afternoon snack: 1 donnut + 2 cups of ginger tea	Vomiting			Palpitations				
			Stomach pain			Anxiety				
	7:30pm	Dinner: Pork Chop, one piece of corn, roasted Potato (1) and some broccolini	Constipation			Irritability				
			Diarrhoea			Light-headed				
		Other snacks: Cup of ginger tea + Piece of dark chocolate	Gas			Other				
			Comments:	woke up feeling tired						
25/9 DAY 4	600 8:30	Breakfast: Dandelion tea - English breakfast nuts, goji seeds. Yogurt (2 spoons) + protein powder, strawberries, blueberries,	Cramping			Fatigue/ sleepy				
			Nausea			Sinus congestion				
		Morning snack: - Coffee (1 cup) Water	Burping			Itchy throat				
			Heartburn			Coughing/mucous				
		Lunch: Piece of Pork Chop with salad (beetroot, lettuce, cheese, baby spinach)	Reflux			Runny nose				
			Bloating			Headache				
		Afternoon snack: Cup of ginger tea, 1 cup of hot chocolate + L biscuit. 1 rum + coke + Lemon	Vomiting			Palpitations				
			Stomach pain			Anxiety				
		Dinner: Chicken stir fry, carrot, corn, broccolini nuts	Constipation			Irritability				
			Diarrhoea			Light-headed				
		Other snacks: Cup of ginger tea + Piece of dark chocolate	Gas			Other				
			Comments:	wake up beeping today						
26/9 DAY 5	6am 11am	Breakfast: Dandelion tea, coffee + english breakfast tea. Yogurt + nuts + seeds (Chia, Flexseeds, dill)	Cramping			Fatigue/ sleepy			7am	X
			Nausea			Sinus congestion				
		Morning snack: NONE	Burping			Itchy throat				
			Heartburn			Coughing/mucous				
		Lunch: NONE	Reflux			Runny nose				
			Bloating			Headache				
	4:30 pm	Afternoon snack: glass of wine.	Vomiting			Palpitations				
			Stomach pain			Anxiety				
	6:30	Dinner: Left overs stir fry.	Constipation			Irritability				
			Diarrhoea			Light-headed				
	7:30	Other snacks: Cup of ginger tea + Piece of dark chocolate	Gas			Other				
			Comments:							