

FOOD DIARY: Suggestion							
Day	Breakfast	Snack	Lunch	Snack	Dinner	Beverages	Exercise
1	2 poached Eggs, a handful of spinach, crunchy bean combo/mung bean sprouts, 1/4 avocado	a few nuts	3 cucumber sticks, 1 medium carrot, 6 snow peas, alfalfa, mung beans, bean shoots, 3 baby cos leaves with 4 small boccini cheese balls and balsamic vinegar, olive oil and 150gm Chicken	a few nuts	Frittata - broccoli, capsicum, carrot, asparagus, zucchini, tomato, boccincini cheese 3 eggs	1.5-2 litres of water	.5 - 1.5 hours walking
2	2 poached Eggs, a handful of spinach, crunchy bean combo/mung bean sprouts, 1/4 avocado	a few nuts	150g of spanish/red onion & chives 150gms Chicken, 50gms cottage cheese, 1/3 red capsicum, 1/3 green capsicum, 6 cucumber sticks, 1 medium carrot, 6 snow peas, alfalfa, mung beans, bean shoots, 3 baby cos leaves	a few nuts	Grilled salmon, small jacket kumara/sweet potato with small amount of feta cheese, salad (rocket, avocado, tomato, cucumber, capsicum)	1.5-2 litres of water	45 minutes walking,
3	2 poached Eggs, a handful of spinach, crunchy bean combo/mung bean sprouts, 1/4 avocado	a few nuts	3 cucumber sticks, 1 medium carrot, 6 snow peas, alfalfa, mung beans, bean shoots, 3 baby cos leaves with 4 small boccini cheese balls and balsamic vinegar, olive oil and 150gm Fish	a few nuts	BBQ Lamb with a handful of spinach, bean shoots, 2 stalks of broccoli, 6 snow peas, olive oil.	1.5-2 litres of water	30 minutes walking
4	2 poached Eggs, a handful of spinach, crunchy bean combo/mung bean sprouts, 1/4 avocado	a few nuts	small handful of rocket leaves Cucumber, 1 tomato, 1/3 red capsicum, 1/3 green capsicum, 1 small carrot, 8 snow peas, balsamic dressing, 100 gms of Chicken 50 gms of cottage cheese.	a few nuts	Grilled salmon, small jacket potato with light sour cream and small amount of grated tasty cheese, salad (rocket, avocado, tomato, cucumber, capsicum, persian feta)	1.5-2 litres of water	1 hour walking

5	1 cup of chopped fruit with 2 desertspoons of Yoghurt and a palm size of nuts or LSA	a few nuts	2 boiled eggsCucumber, tomato, carrot, capsicum, persian fetta, lemon & herb olive oil dressing, mixed lettuce	a few nuts	handful of rocket, 4 cubes feta cheese, 1 dstspn lightly heated pine nuts, 1/4 avocado, with 100 gm seared fresh Tuna and olive oil.	1.5-2 litres of water	1.5 hours of walking
6	2 poached Eggs, a handful of spinach, crunchy bean combo/mung bean sprouts, 1/4 avocado	a few nuts	50g of spanish/red onion & chives 150gms Chicken, 50gms cottage cheese, 1/3 red capsicum, 1/3 green capsicum, 6 cucumber sticks, 1 medium carrot, 6 snow peas, alfalfa, mung beans, bean shoots, 3 baby cos leaves	a few nuts	Poached Fish - 1 piece of snapper wrapped in foil with 3 slices of lemon, chives, ginger, lemon grass and fresh garlic. Poach for 15-20 mins. Add to a rocket, broccoli and avocado salad.	1.5-2 litres of water	1 hour walking
7	1 cup of chopped fruit with 2 desertspoons of Yoghurt and a palm size of nuts or LSA	a few nuts	small handful of rocket leaves Cucumber, 1 tomato, 1/3 red capsicum, 1/3 green capsicum, 1 small carrot, 8 snow peas, balsamic dressing, 100 gms of Chicken 50 gms of cottage cheese.	a few nuts	Chicken, broccoli, capsicum, carrot, onion, garlic, snow peas, with tamari.	1.5-2 litres of water	30 minutes walking