

Food Diary

Week Commencing: 06 Nov 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	07:00 Oats, flaked almonds, pumpkin seeds, organic plain yoghurt, blueberries, acai berry powder	07:00 Oats, flaked almonds, pumpkin seeds, organic plain yoghurt, blueberries, acai berry powder	07:15 Oats, flaked almonds, pumpkin seeds, organic plain yoghurt, persimmon, acai berry powder	07:15 Oats, flaked walnuts, pumpkin seeds, organic plain yoghurt, blueberries, acai berry powder	07:15 Oats, flaked almonds, pumpkin seeds, organic plain yoghurt, raspberries, acai berry powder	8:15 Oats, flaked almonds, pumpkin seeds, organic plain yoghurt, raspberries, acai berry powder	08:00 Oats, flaked almonds, pumpkin seeds, organic plain yoghurt, blueberries, acai berry powder
Lunch	-	13:00 Baked sweet potato, hummus, feta cheese	13:00 Baked sweet potato, hummus, feta cheese + small apple and some walnuts	12:00 Baked sweet potato, hummus, feta cheese + small apple and some walnuts	12:00 2 eggs scrambled + fried mushroom tomato and spinach	12:00 2 egg omelette + fried mushroom, spinach, red onion, topped with cheddar. $\frac{3}{4}$ apple 1 home made fairy cake (not GF)	12:30 Waitrose tomato soup, gluten free bread and cream cheese sandwich + Bounce ball
Dinner	20:00 Pea and lentil pasta, spinach, pesto, feta, pine nuts	20:00 Green beans and mushroom risotto (arborio rice, mushrooms, red onion, stock cube, cheddar, parmesan)	17:30 Slow cooker meal (aubergine, red onion, mushroom, cherry toms, passata) with mozzarella, parmesan and GF breadcrumb topping	20:15 Slow cooker meal (quinoa, cream cheese, mushroom, pepper, green beans, red onion). Quinoa is awful in the slow cooker – don't try it!	20:00 Takeaway curry: Mushroom dhansak, boiled rice, poppadoms and mint dip	20:00 Slow cooker meal (jar coop pasta sauce, kidney beans, onion, spinach, mushroom), + pea pasta and grated cheddar	18:00 Cauliflower cheese (cauliflower, GF pasta, crème fraiche, cheddar, parsley), green beans + watermelon and fresh coconut
Snacks:	9:00 4 squares milk chocolate 11:00 small costa hot chocolate 16:00 Pot rice pudding	11:00 2 tsp of buttercream from a birthday cake I made 17:00 1 slice of salted beef and $\frac{1}{2}$ a persimmon	None!	11:00 4 squares of milk chocolate (leftovers in cupboard) 13:00 persimmon and handful of walnuts 18:00 Two mouthfuls of	09:30 Persimmon and walnuts 14:00 1 apple with peanut butter 14:30 1 jelly baby 16:30	None!	11:00 Bounce ball

				Lucas' birthday cake (not GF ☹)	½ an apple with an individual cheddar cheese stick		
ood/Symp m:	Okay, a bit tearful later in the day.	Very, very stressed all day with normal kids/work stuff.	Irritable in morning, happier in afternoon. Stressed in evening. Sore throat and headache.	Sore throat and headache. Very tired. A bit low for most of the day.	Headache and cough. Exhausted. Very flat mood. Feeling low.	Cough, really runny nose, very tired. Mood stable.	Runny, blocked up nose, aching joints, exhausted. Mood irritable.