

Sample Food and Exercise Diary

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Food	Food	Food	Food	Food	Food	Food
	Smoothie plus frozen	Smoothie plus 1/2 kiwi fruit	Smoothie plus frozen	Smoothie plus frozen	Smoothie plus handful of	Smoothie plus frozen	Smoothie plus a kiwi fruit
	berries	and handful of kale	berries	banana	baby spinach	berries	and handful of kale
	Peached eggs x2 on gluten	Gluten free toast x 1 with	2 eggs scrambled, 1/2 an	Gluten free toast with	"Berry and Quinoa	"Zuchini Fritters"	2 eggs scrambled, 1/2 an
	free toast	1/4 smashed avocado	avocado and baby spinach	almond butter	porridge"		avocado and baby spinach
Mid Morning Snack	Handful of mixed nuts	Coconut yoghurt plus 1/2	Organic rice cake plus	Handful of raw cashews	A boiled egg with sea salt	Rice crackers (6-7) plus	Handful of almonds and
		kiwi fruit	almond butter			hummus	pumkin seeds
Lunch	Small can of plain salmon	Left-over veggies with	Gluten free wrap with	Left-over steamed veg	Left-over veg frittata with	"Detox salad with tahini	Fillet steak on the BBQ,
	with dark green lettuce,	chicken breast or other	chicken breast, dark	with small can of salmon,	salad greens and 1/2 an	dressing"	salad greens or steamed
	cucumber, avocado, tomato	meat plus sesame oil and	lettuce, cucumber and	sea salt, lemon juice and	avocado		greens
	and lemon plus olive oil	tamari	fresh parsley	olive oil			
Mid Afternoon	Apple slices with	A banana	A handful of carrot sticks	Coconut Yoghurt with	A small handful of mixed	1/2 mango plus small	Carrot and celery sticks
	almond butter		plus hummus	pumpkin seeds	nuts plus raisins	handful of macadamias	with hummus/almond butter
Dinner	Grass fed steak and	"Mediterranean salad"	"Shish Kebabs" wth a	"Vegetable Frittata"	Chicken breast or thighs	Grilled fish and salad	"Thai coconut chicken soup"
	steamed veg with sea salt		handful of steamed veg	with a hanful of salad	plus veggies with sea salt	greens with lemon juice and	with a small hanful of rice
	and a drizzle of sesame oil			greens and 1/4 avocado	and olive oil - all baked in	olive oil dressing	noodles
					the oven		
Exercise	Walk - 30 mins	Yoga class	Walk - 30 mins	PT session	Rest	Walk - 30 mins	Yoga class
Water for	1.5 litres	1.5 litres	1.5 litres	1.5 litres	1.5 litres	1.5 litres	1.5 litres
Day							