

DATE	TIME	AMOUNT & TYPE OF FOOD EATEN	COMMENTS OR SYMPTOMS	DATE	TIME	AMOUNT & TYPE OF FOOD EATEN	COMMENTS OR SYMPTOMS
5/6/15	7-00	30g carbohydrates 120ml s/s milk	7 1/2p	5/6/15	7-00	30g carbohydrates 120ml s/s milk	7 1/2p.
	9-00	100g fruit yoghurt 125g	8 1/2p / 16p		10-00	100g fruit yoghurt 125g	8 1/2p / 16p
	1-00	80g hummus 100g cornish sticks 1 x white pitta	9p 5 1/2p. 6p / 20 1/2p		1-00	200g jacket potato. 200g (1/2 tin) baked beans. cup coffee	9p 12p / 2p. 2 1/4p / 12 1/2p
	5-30	3 fishburgers 200g jacket potato 10g butter 150g mushy peas	13p 9p 3 1/2p 8p / 38 1/4p		2-40 6-00	cup coffee Omelette: 2 med eggs 30g spinach. 25g onion. 10g egg oil	2 1/4p / 12 1/2p 22p 4p. 2p. 3 1/2p.
	8-00	2 x med white toast + 20g butter 150ml pure orange juice.	4p 37.7p 9p. / 20p <hr/> 9 1/2p.		9-00.	150ml pure orange juice. 1 x toast peanut butter	9p / 40 1/2p 6p / 6p = 86p

(was going to have chocolate but not (phosphoglycerolipids))

DATE	TIME	AMOUNT & TYPE OF FOOD EATEN	COMMENTS OR SYMPTOMS	DATE	TIME	AMOUNT & TYPE OF FOOD EATEN	COMMENTS OR SYMPTOMS
10/6/15	7:00	30g carbohydrates 120g semi skim milk	7 1/2 p	11/6/15	8:00	30g carbohydrates 120g skim milk	7 1/2 p. / 7 1/2 p
	9:00	50g sucrose	4p / 11 1/2 p		1:30	1 med whole loaf 10g butter 1 egg 30g spinach.	2p 3 1/2 p 11p 4p / 19 1/2 p
	12:30	Cup of coffee	2 1/2 p / 2 1/2 p		5:00	1 clove garlic (given!)	2p / 2p
	1:00	20g tomatoes 100g carrot sticks 1 packet pitta	9p 5 1/2 p 6p / 20 1/2 p		6:30	1 tin sardines 1 tin potatoes 1 x 200g packet pasta 10g butter	3 1/2 p 9p 3 1/2 p. / 49 1/2 p
	5:00	2p white rice + butter 20g	4p 7p / 11p		8:30	12g loaf Fruit yoghurt	8 1/2 p = 9 1/2 p
	7:00	chili sauce (recipe) + 1/2 pitta + 200me olive	29p 3p \$ 12p / 45p.				

