

12 Week Food Diary

Week 1		Week 2	
Breakfast	Chia seeds	**Breakfast**	Eggs
Lunch	Fish and veggies	**Lunch**	Pistachio and fruit smoothie
Dinner	Pasta	**Dinner**	Pork and veggies
Week 3		**Week 4**	
Breakfast	Cereal	**Breakfast**	Pancakes
Lunch	Vegan meal	**Lunch**	Vegan meal
Dinner	Fish and veggies	**Dinner**	Pasta and fruits
Week 5		**Week 6**	
Breakfast	Bread	**Breakfast**	Quinoa
Lunch	Fish and veggies	**Lunch**	Eggs and fruits
Dinner	Soup	**Dinner**	Pumpkin dishes
Week 7		**Week 8**	
Breakfast	Oatmeal	**Breakfast**	Pancakes
Lunch	Beef and veggies	**Lunch**	Kebab and veggies
Dinner	Vegan meal	**Dinner**	Vegan meal
Week 9		**Week 10**	
	ds	**Breakfast**	Eggs