

Notes	Food
Did eat a few crisps around noon	Jun-06 eggs,toast,bacon, orange juice, pasta salad w orgran Jun-07 e,t,b, banana, apple, tesco mixed nuts, chicken, plum
No nuts today	Jun-08 e,t,b, orange juice, chicken and chutney sandwiches c Jun-09 e, t, b, chicken brown rice preas stir fry, 2 bananas, 2 a Jun-10 muesli & rice puffs, eggy bread, bacon, orange juice, r Jun-11 muesli & rice puffs, e, b, t, beefburgers, banana, pitta Jun-12 muesli & rice puffs, e,b,t, apple, croissant, chicken, q Jun-13 t, e, b, Jun-14 Food I took with me including Schar baguettes, strong
still taking vits, gut flora & omega 3	Jun-15 eggs, toast & bacon at mums, coconut biccies, apple, Jun-16 e, t, b (ds brown), nut bar, banana, apple, mrs crumble Jun-17 e,b,t, cheese & bics for lunch, tuna pasta salad boat, fi Jun-18 e,b,t banana, veggie rissoles & nan bread, Jun-19 banana, rice pops & muesli, toast jam & cheese (orgran) Jun-20 e, b, t, tast & nutella, (orgran), rice salad with seame

Health

Morn tired but feeling not too bad, 3/5, out on boat, eve 3/5, feeeling bit nauseous in evening
Dodgy sleep, 4/5 morn, feeling well knackered but not sick, t-time 5/5, eve 3/5
Dodgy sleep again = lynds again too. Morn 3/5. Tired but not ill feeling. Afternoon 3/5
Fine, still dodgy chest though, run with robin v hot, morn 5/5, tea, 5/5, night 4/5
chest much better today, morn 5/5, eve 4/5
chest worse again, morn 3/5, eve 4/5
chest pretty good, morn 3/5. well knacked - prob mostly due to eide being awake for 2 hours during nig morning 3/5, tired but edie done a job on us, **DH on right hand**
bow, apple juice
lunch 5/5, eve 5/5. chest not great. Seems like pretty good recovery from gluten poisoning
morn 5/5, lunch 4/5, eve 2/5. feeling **knacked and unwell, stomach feeling well dodgy** (nut bar? Cocnut ruit bars, veggie rissoles
night 2/5, well knecked, although up with edie, morning 3/5, eve 3/5
morn 3/5 feeling better than yesterday
awake at 5am gripey stomach. **Diarrhea all day** - prob fat in curry / nans?

ht, chest good during run, got a bit worse towards end, worse in the evening eve 3/5

biccie?).