

	Food	Drink	Snack	Digestion	Bowel Movement(s)
Monday	17:30 Chicken roast, broccoli, cauliflower, roast+boiled potatoes, brazed(in butter) red cabbage bisto gravy with chicken juices for flavour,	Few pints water throughout the day, a few sips before and after eating, lemon honey and ginger tea x 4	Fruit and dates several times throughout the day	Low bloating about 4 hours after eating, no cramps	10:30am soft but holding form
Tuesday	11:00am Chicken sandwich, beetroot, tomato, cucumber, cheese piccalilli butter Sausage casserole(same as below but extra of the same vegetables roasted for the sauce blended)	Few pints water throughout the day, a few sips before and after eating, lemon honey and ginger tea x 4	Fruit and dates several times throughout the day	No bloating or cramps	9:00am soft but holding form, feeling half empty 10:00am, softer but holding form, feeling empty
Wednesday	Stew: 18:00 carrots, tinned tomatoes, sweetcorn, potatoe, chuck beef, parsnips, beef stock asda, garlic	Few pints water throughout the day, a few sips before and after eating, lemon honey and ginger tea x4	11:00am 2 apple, 2 bananas, about 10 medjoul dates	Very low bloating, generally fine but needed more to eat	10:30am feeling great and empty
Thursday	Pork sandwich: 10:30am, spring onions, tomatoes, cucumber, lurpack butter, hovis white bread, salt. Sausage(85%) casserole 17:30pm, carrots, tinned tomatoes, peas, sweetcorn, onions, sweet potato, beef stock(asda), garlic	Few pints water throughout the day, a few sips before and after eating honey and ginger tea x2	Banana 9:00am Raisins Organic chocolate, 10:00am half a bar	12:43 low level of gas/bloating	10:45am, feel great 12:15pm, a bit still in there
Friday	18:30 Chinese beef curry takeaway	Few pints water throughout the day, honey and ginger tea x2, couple shots of whiskey	Fruit and dates several times throughout the day	Needed more veg to bulk out stool, mild stomach cramps	10:30am Very loose, need fibre to bulk

Saturday	Pork chops, steamed broccoli, cauliflower, roast+boiled potatoes, brazed red cabbage, asparagus, bisto gravy	Few pints water throughout the day, a few sips before and after eating honey and ginger tea x2	Fruit and dates several times throughout the day	Needed more veg to bulk out stool, very mild stomach cramps	9:00am still loose from day before, but bulking out a bit more
Sunday	Jacket potato, beans, greens(red cabbage, yesterday) cheese and garlic Chilli mince beef, carrots peppers, tinned+fresh tomatoes, peas, sweetcorn, mushrooms chicken stock asda, garlic, spices	Few pints water throughout the day, a few sips before and after eating honey and ginger tea x2	Fruit and dates several times throughout the day	Needed more veg to bulk out stool, no stomach cramps	10:30am soft but holding form 11:30am same as above, feeling empty