

Date	Tracking	Value
2018-01-15 17:00:00	Food	Bulletproof Coffee: Coffee, Clarified butter, Brain octane oil
2018-01-15 19:00:00	Food	Daily salad: Salmon, Olive oil, Chia seeds, Cabbage, Spring mix, Apple cider vinegar, Hemp seeds, Turmeric
2018-01-16 01:00:00	Food	Avocado: Avocado
2018-01-16 02:30:00	Food	Eggs: Egg, Broccoli, Cauliflower, Zucchini, Mushroom, Onion, Coconut oil, Turmeric
	Food	Coconut yogurt: Coconut (grated), Chia seeds, Cinnamon, Pure vanilla extract, Blueberry, Coconut yogurt, Hemp seeds, Collagen hydrolysate
2018-01-16 14:00:00	Skin	(1 chin)
2018-01-16 17:00:00	Food	Bulletproof Coffee: Coffee, Clarified butter, Brain octane oil
2018-01-16 19:00:00	Food	Daily salad: Salmon, Olive oil, Chia seeds, Cabbage, Spring mix, Apple cider vinegar, Hemp seeds, Turmeric
2018-01-17 02:30:00	Food	Broccoli Cauliflower Brussel sprouts Coconut flour Coconut oil Garlic Grapefruit Eggs Sole Grapefruit Coconut yogurt Chia seeds Hemp seeds Coconut flakes Cinnamon: Egg, Garlic, Coconut, Cinnamon, Broccoli, Grapefruit, Chia seeds, Coconut oil, Cauliflower, Coconut (grated), Hemp seeds, Coconut yogurt, Sole, Coconut flour, Brussel sprouts
2018-01-17 17:00:00	Food	Bulletproof Coffee: Coffee, Clarified butter, Brain octane oil
2018-01-17 19:00:00	Food	Daily salad: Salmon, Olive oil, Chia seeds, Cabbage, Spring mix, Apple cider vinegar, Hemp seeds, Turmeric
2018-01-17 22:30:00	Food	Food: Avocado, Tomato, Onion, Lemon, Jicama, Hot pepper
2018-01-18 01:30:59	Food	Coconut yogurt: Raspberry, Coconut (grated), Chia seeds, Cinnamon, Coconut yogurt, Hemp seeds, Collagen hydrolysate, Pomelo
2018-01-18 02:30:50	Food	Food: Chia seeds, Coconut oil, Egg, Fish, Coconut flour, Macadamia oil, Avocado oil
2018-01-18 17:00:00	Food	Bulletproof Coffee: Coffee, Clarified butter, Brain octane oil
2018-01-18 19:00:00	Food	Daily salad: Salmon, Olive oil, Chia seeds, Cabbage, Spring mix, Apple cider vinegar, Hemp seeds, Turmeric
2018-01-18 22:45:52	Food	Food: Coconut, Guava
2018-01-19 00:45:00	Food	Food: Coconut oil, Garlic, Coconut flour

Date	Tracking	Value
2018-01-19 02:30:18	Food	Food: Egg, Cauliflower, Coconut (grated), Cinnamon, Pure vanilla extract, Raspberry, Cranberry, Avocado oil, Macadamia oil, Coconut yogurt, Collagen hydrolysate
2018-01-19 19:00:00	Food	Bulletproof Coffee: Coffee, Clarified butter, Brain octane oil
2018-01-19 19:00:32	Notes	Fasted till 6
2018-01-19 20:00:00	Workout	Hard workout (running, HIIT)
2018-01-20 02:30:35	Food	Cod Cauliflower Green beans Sweet potato Broccoli Beets Celeriac Rutabaga Kohlrabi Brussel sprouts Kale Radish Parsnip turnip Turmeric Ginger: Fish, Kale, Beetroot, Radish, Ginger, Parsnip, Kohlrabi, Broccoli, Cauliflower, Sweet potato, Celery, Beans (green), Strawberry, Turmeric, Brussel sprouts, Rutabaga, Guava, Persimmon
2018-01-20 14:00:00	Skin	(1 chin)
2018-01-20 15:45:00	Food	Coconut yogurt Coconut flakes Cinnamon Cranberry Raspberry Collagen hydrolysate Avocado: Avocado, Cinnamon, Cranberry, Raspberry, Coconut (grated), Coconut yogurt, Collagen hydrolysate
2018-01-20 22:00:00	Food	Guava Green beans Cauliflower Broccoli Rice Coconut butter Sole Broccoli Beets Celeriac Rutabaga Kohlrabi Brussel sprouts Kale Radish Parsnip turnip Turmeric Ginger: Kale, Beans, Beetroot, Butter, Radish, Ginger, Parsnip, Coconut, Kohlrabi, Celery, Broccoli, Cauliflower, Sole, Guava, Rutabaga, Turmeric, Brussel sprouts, Kelp
2018-01-21 05:00:45	Food	Eggs Sauerkraut Coconut oil Macadamia oil Sweet potato Parsley: Egg, Parsley, Cabbage, Sweet potato, Coconut oil, Macadamia oil
2018-01-21 17:00:00	Food	Broccoli Beets Celeriac Rutabaga Kohlrabi Brussel sprouts Kale Radish Parsnip turnip Turmeric Ginger Avocado Guava: Kale, Beetroot, Radish, Ginger, Parsnip, Avocado, Kohlrabi, Celery, Broccoli, Guava, Rutabaga, Turmeric, Brussel sprouts, Kelp
2018-01-21 23:00:00	Food Workout	Eggs Cod Macadamia oil Avocado oil: Fish, Egg, Avocado oil, Macadamia oil Hard workout (Super Slow)
2018-01-22 02:30:00	Food	Coconut butter Cauliflower Sweet potato egg: Egg, Butter, Cauliflower, Sweet potato, Coconut butter
2018-01-22 16:30:00	Food	Bulletproof Matcha: Clarified butter, Matcha, Brain octane oil
2018-01-22 19:00:00	Food	Daily salad: Salmon, Olive oil, Chia seeds, Cabbage, Spring mix, Apple cider vinegar, Hemp seeds, Turmeric

Date	Tracking	Value
2018-01-22 23:00:45	Food	Coconut butter Eggs Cauliflower Steak Avocado oil Macadamia oil: Egg, Beef, Cauliflower, Avocado oil, Macadamia oil, Coconut butter
2018-01-23 01:00:00	Skin	(1 right cheek)
2018-01-23 03:00:00	Skin	(1 right cheek)
2018-01-23	Symptom Score	22 (mild)
2018-01-23 04:00:00	Food	Zucchini Oil?: Zucchini, Oil?
2018-01-23 18:30:00	Workout	Medium workout (body weight workout, HIIT)
2018-01-23 19:00:07	Food	Daily salad: Salmon, Olive oil, Chia seeds, Cabbage, Spring mix, Apple cider vinegar, Hemp seeds, Turmeric
2018-01-23 21:48:19	Stress	A little stress
	Mood	So-so (tired)
2018-01-23 23:45:57	Food	Food: Kombucha, Coconut water, Coconut butter
2018-01-24 02:45:11	Food	Food: Cauliflower, Sweet potato, Egg, Salmon, Macadamia oil, Avocado oil
2018-01-24 02:56:15	Bloating	Mild bloating
2018-01-24 03:42:00	Notes	Shower
2018-01-24	Symptom Score	20 (mild)
2018-01-24 13:30:00	Sleep	6 to 8 hours
2018-01-24 17:00:00	Food	Bulletproof Coffee: Coffee, Clarified butter, Brain octane oil
2018-01-24 18:48:55	Mood	Good
	Stress	No Stress at all
	Stool	Type 2: Lumpy and sausage like
2018-01-24 19:39:46	Food	Daily salad: Salmon, Olive oil, Chia seeds, Spring mix, Apple cider vinegar, Hemp seeds, Turmeric
2018-01-24 20:14:23	Additional symptoms	Extra phlegm in throat
2018-01-24 22:37:04	Stool	Type 4: Smooth sausage
2018-01-24 23:56:21	Food	Carrot onion soup: Onion, Carrots, Turmeric
2018-01-25 00:07:28	Food	Broccoli Beets Celeriac Rutabaga Kohlrabi Brussel sprouts Kale Radish Parsnip turnip Turmeric Ginger: Kale, Beetroot, Radish, Ginger, Parsnip, Kohlrabi, Celery, Broccoli, Rutabaga, Turmeric, Brussel sprouts, Kelp
2018-01-25 01:31:21	Food	Food: Jicama
2018-01-25 02:13:09	Food	Food: Coconut butter

Date	Tracking	Value
2018-01-25 02:48:53	Food	Coconut yogurt: Coconut (grated), Chia seeds, Cinnamon, Cranberry, Coconut yogurt, Hemp seeds, Collagen hydrolysate
2018-01-25 03:23:04	Bloating Stomach Pain	Mild bloating No pain
2018-01-25	Symptom Score	47 (moderate)
2018-01-25 13:30:00	Sleep	6 to 8 hours
2018-01-25 14:37:45	Mood Stomach Pain	So-so Moderate pain
2018-01-25 17:00:03	Food	Bulletproof Coffee: Coffee, Clarified butter, Brain octane oil
2018-01-25 19:30:00	Food	Daily salad: Salmon, Olive oil, Chia seeds, Cabbage, Spring mix, Apple cider vinegar, Hemp seeds, Turmeric
2018-01-25 21:10:34	Stool	Type 5: Soft blobs
2018-01-26 00:15:00	Food	Food: Avocado, Egg, Cauliflower, Coconut oil, Coconut butter
2018-01-26 02:30:00	Food	Broccoli Beets Celeriac Rutabaga Kohlrabi Brussel sprouts Kale Radish Parsnip turnip Turmeric Ginger: Kale, Beetroot, Radish, Ginger, Parsnip, Kohlrabi, Celery, Broccoli, Rutabaga, Turmeric, Brussel sprouts, Kelp
2018-01-26 02:48:46	Food	Coconut yogurt: Coconut (grated), Chia seeds, Cinnamon, Pure vanilla extract, Cranberry, Raspberry, Coconut yogurt, Hemp seeds, Collagen hydrolysate
2018-01-26 03:03:43	Bloating Stomach Pain	Severe bloating No pain
2018-01-26	Symptom Score	10 (easy)
2018-01-26 05:11:43	Stool	Type 3: Sausage with cracks
2018-01-26 07:00:00	Stool	Type 5: Soft blobs
2018-01-26 14:56:56	Sleep	More than 8 hours
2018-01-26 21:10:49	Notes Food	Sauna with hair clay mask Bulletproof Coffee: Coffee, Clarified butter, Brain octane oil
2018-01-26 22:15:00	Notes	Shower
2018-01-26 22:57:26	Stool	Type 4: Smooth sausage
2018-01-27 02:45:00	Food	Food: Carrots, Onion, Soup
2018-01-27 03:00:00	Food	Cauliflower: Beef, Broccoli, Cauliflower, Olive oil, Ginger, Egg, Salmon, Brussel sprouts, Spring mix, Turmeric

Date	Tracking	Value
2018-01-27	Symptom Score	37 (moderate)
2018-01-27 04:00:00	Food	Food: Apple, Pear, Pure vanilla extract, Cinnamon, Nutmeg, Avocado oil
2018-01-27 05:00:00	Bloating	Moderate bloating
2018-01-27 15:15:00	Sleep	6 to 8 hours
2018-01-27 16:00:00	Food	Coconut yogurt: Coconut (grated), Chia seeds, Cinnamon, Pure vanilla extract, Cranberry, Raspberry, Coconut yogurt, Hemp seeds, Collagen hydrolysate
2018-01-27 19:00:00	Food	Food: Pineapple
2018-01-27 19:30:54	Bloating	Mild bloating
2018-01-27 19:45:00	Skin	(1 left cheek)
2018-01-27 21:30:00	Stool	Type 4: Smooth sausage
2018-01-27 22:30:00	Food	Broccoli Beets Celeriac Rutabaga Kohlrabi Brussel sprouts Kale Radish Parsnip turnip Turmeric Ginger: Salmon, Apple, Egg, Cauliflower, Carrots, Onion, Broccoli, Brussels sprout, Beetroot, Celery, Kohlrabi, Kale, Radish, Parsnip, Ginger, Soup, Spring mix, Turmeric, Sole, Coconut butter, Rutabaga, Kelp
2018-01-27 23:00:00	Bloating	Severe bloating
2018-01-28 01:00:00	Food	Food: Olive oil, Ginger, Spring mix
2018-01-28	Symptom Score	37 (moderate)
2018-01-28 04:15:00	Food	Food: Egg, Cauliflower, Coconut oil, Saurkraut, Portobello
2018-01-28 15:32:57	Sleep	6 to 8 hours
2018-01-28 15:39:20	Stool	Type 4: Smooth sausage
2018-01-28 18:06:39	Food	Food: Carrots, Onion, Soup
2018-01-28 18:15:00	Food	Broccoli Beets Celeriac Rutabaga Kohlrabi Brussel sprouts Kale Radish Parsnip turnip Turmeric Ginger: Kale, Beetroot, Radish, Ginger, Parsnip, Kohlrabi, Celery, Broccoli, Rutabaga, Turmeric, Brussel sprouts, Kelp, Sole
2018-01-28 20:45:00	Food	Food: Carrots, Onion, Soup, Avocado, Coconut butter
2018-01-28 22:00:00	Workout	Hard workout
2018-01-28 22:13:28	Stool	Type 3: Sausage with cracks
2018-01-28 23:45:00	Food	Food: Egg, Cauliflower, Coconut oil, Macadamia oil, Portobello, Saurkraut
2018-01-29 02:00:19	Food	Food: Avocado, Cabbage
2018-01-29 02:30:00	Food	Food: Salmon, Apple, Egg, Cauliflower
2018-01-29 02:45:00	Food	Apple: Apple, Pear, Cinnamon, Pure vanilla extract, Broccoli
2018-01-29 03:16:06	Bloating	Severe bloating

Date	Tracking	Value
2018-01-29	Symptom Score	0 (easy)
2018-01-29 14:25:51	Sleep	6 to 8 hours
2018-01-29 17:00:00	Food	Bulletproof Coffee: Coffee, Clarified butter, Brain octane oil
2018-01-29 19:15:13	Food	Daily salad: Salmon, Olive oil, Chia seeds, Cabbage, Spring mix, Apple cider vinegar, Hemp seeds, Turmeric
2018-01-30 00:28:35	Food	Broccoli Beets Celeriac Rutabaga Kohlrabi Brussel sprouts Kale Radish Parsnip turnip Turmeric Ginger: Kale, Beetroot, Radish, Ginger, Parsnip, Kohlrabi, Celery, Broccoli, Avocado, Rutabaga, Turmeric, Brussel sprouts, Kelp
2018-01-30 00:30:30	Stress	No Stress at all
	Mood	Good
2018-01-30 01:17:39	Stool	Type 3: Sausage with cracks
2018-01-30 02:58:39	Food	Coconut yogurt: Coconut (grated), Chia seeds, Cinnamon, Pure vanilla extract, Egg, Salmon, Apple, Cauliflower, Raspberry, Cranberry, Pear, Coconut yogurt, Hemp seeds, Collagen hydrolysate
2018-01-30 13:30:00	Sleep	6 to 8 hours
2018-01-30 21:00:00	Food	Daily salad: Salmon, Olive oil, Chia seeds, Spring mix, Apple cider vinegar, Hemp seeds, Turmeric
2018-01-30 23:15:00	Food	Broccoli Beets Celeriac Rutabaga Kohlrabi Brussel sprouts Kale Radish Parsnip turnip Turmeric Ginger: Kale, Beetroot, Radish, Ginger, Parsnip, Kohlrabi, Celery, Broccoli, Cauliflower, Rutabaga, Turmeric, Brussel sprouts
2018-01-31 00:45:00	Food	Food: Cabbage, Avocado
2018-01-31 02:30:00	Food	Food: Beef, Egg, Coconut oil
2018-01-31 02:47:44	Food	Food: Cucumber
2018-01-31	Symptom Score	20 (mild)
2018-01-31 12:45:00	Additional symptoms	Extra phlegm in throat
	Sleep	6 to 8 hours
2018-01-31 16:30:00	Food	Bulletproof Coffee: Coffee, Clarified butter, Brain octane oil
2018-01-31 20:00:00	Food	Food: Coconut
2018-01-31 22:50:42	Food	Broccoli Beets Celeriac Rutabaga Kohlrabi Brussel sprouts Kale Radish Parsnip turnip Turmeric Ginger: Kale, Beetroot, Radish, Ginger, Parsnip, Kohlrabi, Celery, Broccoli, Coconut, Rutabaga, Turmeric, Brussel sprouts, Kelp
2018-01-31 22:52:09	Food	Food: Salmon, Apple, Egg, Cauliflower

Date	Tracking	Value
2018-02-01 00:36:00	Stool	Type 2: Lumpy and sausage like
2018-02-01 01:00:00	Food	Daily salad: Salmon, Olive oil, Chia seeds, Spring mix, Apple cider vinegar, Hemp seeds, Turmeric
2018-02-01 02:45:00	Food	Food: Cabbage
2018-02-01	Symptom Score	20 (mild)
2018-02-01 13:30:00	Sleep	6 to 8 hours
2018-02-01 13:57:24	Stool	Type 2: Lumpy and sausage like
2018-02-01 17:00:00	Food	Bulletproof Matcha: Clarified butter, Matcha, Brain octane oil
2018-02-01 19:15:00	Food	Daily salad: Salmon, Olive oil, Chia seeds, Cabbage, Spring mix, Apple cider vinegar, Hemp seeds, Turmeric
2018-02-01 22:45:00	Food	Broccoli Beets Celeriac Rutabaga Kohlrabi Brussel sprouts Kale Radish Parsnip turnip Turmeric Ginger kelp: Kale, Beetroot, Radish, Ginger, Parsnip, Kohlrabi, Celery, Broccoli, Kelp, Rutabaga, Turmeric, Brussel sprouts
2018-02-02 00:01:17	Stool	Type 3: Sausage with cracks
2018-02-02 00:30:00	Food	Food: Avocado, Cabbage
2018-02-02 01:15:00	Food	Food: Egg, Coconut oil
2018-02-02 02:15:00	Food	Egg cauliflower coconut oil: Egg, Cauliflower, Coconut oil, Mushroom
2018-02-02 14:23:29	Sleep	6 to 8 hours
2018-02-02 14:30:00	Sleep	More than 8 hours
2018-02-03 01:15:00	Food	Food: Broccoli, Cauliflower, Salmon, Olive oil, Artichoke, Lemon, Fish, Green beans
2018-02-03	Symptom Score	25 (mild)
2018-02-03 04:15:00	Food	Food: Fish, Butternut squash
2018-02-03 14:45:00	Food	Food: Cucumber, Olive oil
2018-02-03 15:15:00	Food	Coconut yogurt: Coconut (grated), Chia seeds, Cinnamon, Cranberry, Coconut yogurt, Hemp seeds, Collagen hydrolysate, Tiger nuts
2018-02-03 21:00:00	Stool	Type 3: Sausage with cracks
2018-02-03 21:30:00	Stress	A little stress
	Mood	Not good (frustrated)
2018-02-03 22:00:00	Food	Food: Salmon, Iceberg, Olive oil, Broccoli, Cauliflower, Spring mix, Green beans, Tiger nuts, Coconut butter
2018-02-04 03:00:00	Food	Food: Egg, Cauliflower, Mushroom, Coconut oil, Sprouts, Macadamia oil, Tiger nuts

Date	Tracking	Value
2018-02-04	Symptom Score	37 (moderate)
2018-02-04 05:15:00	Food	Food: Tiger nuts
2018-02-04 06:15:00	Food	Food: Sweet potato
2018-02-04 15:30:00	Sleep	6 to 8 hours
2018-02-04 15:46:25	Stomach Pain	Mild pain
	Stool	Type 3: Sausage with cracks
2018-02-04 16:47:16	Skin	(1 chin)
2018-02-04 17:00:00	Food	Food: Green beans
2018-02-04 18:15:00	Food	Coconut yogurt: Coconut (grated), Chia seeds, Cinnamon, Pure vanilla extract, Cranberry, Coconut yogurt, Hemp seeds, Collagen hydrolysate
2018-02-04 19:30:00	Skin	(cancer sore)
	Skin	(1 right cheek)
2018-02-04 19:53:38	Food	Food: Cabbage, Sole
2018-02-04 20:11:42	Stool	Type 4: Smooth sausage
2018-02-04 21:15:00	Food	Food: Avocado, Onion, Garlic, Lemon, Broccoli, Paprika
2018-02-04 21:46:06	Additional symptoms	Fatigue
2018-02-04 23:05:24	Bloating	Mild bloating
2018-02-05 00:27:40	Food	Food: Sweet potato, Butternut squash, Onion, Soup, Turmeric
2018-02-05 00:28:22	Bloating	Moderate bloating
2018-02-05 01:45:00	Stomach Pain	Mild pain
2018-02-05 02:39:31	Food	Egg coconut oil sole: Egg, Coconut oil, Sole
2018-02-05 02:50:58	Bloating	Mild bloating
2018-02-05 02:57:32	Food	Food: Coconut butter
2018-02-05 03:09:57	Stool	Type 5: Soft blobs
2018-02-05	Symptom Score	10 (easy)
2018-02-05 13:30:00	Sleep	6 to 8 hours
2018-02-05 17:00:00	Food	Bulletproof Coffee: Coffee, Butter, Brain octane oil
2018-02-05 19:40:56	Food	Daily salad: Salmon, Olive oil, Chia seeds, Cabbage, Spring mix, Apple cider vinegar, Hemp seeds, Turmeric, Sprouts
2018-02-05 22:40:20	Food	Food: Broccoli
2018-02-05 23:30:24	Stool	Type 5: Soft blobs
2018-02-06 00:26:48	Food	Food: Egg, Butternut squash, Kale, Coconut oil, Sole

Date	Tracking	Value
2018-02-06 02:30:00	Food	Coconut yogurt: Coconut (grated), Chia seeds, Cinnamon, Pure vanilla extract, Cranberry, Raspberry, Coconut yogurt, Hemp seeds, Collagen hydrolysate
2018-02-06	Symptom Score	0 (easy)
2018-02-06 14:15:00	Sleep	6 to 8 hours
2018-02-06 15:15:00	Stool	Type 3: Sausage with cracks
2018-02-06 21:15:00	Food	Bulletproof Coffee: Coffee, Clarified butter, Brain octane oil
2018-02-06 23:22:07	Food	Food: Egg, Kale, Fish, Coconut oil, Sprouts, Macadamia oil, Avocado oil, Green beans
2018-02-07 02:30:00	Food	Coconut yogurt: Coconut (grated), Cinnamon, Pure vanilla extract, Blueberry, Avocado, Coconut yogurt, Collagen hydrolysate, Green beans
2018-02-07 10:00:00	Workout	Hard workout (Super Slow)
2018-02-07 13:30:00	Sleep	6 to 8 hours
2018-02-07 17:15:00	Food	Bulletproof Coffee: Coffee, Clarified butter, Brain octane oil
2018-02-07 19:45:00	Food	Daily salad: Salmon, Olive oil, Cabbage, Spring mix, Apple cider vinegar, Turmeric
2018-02-07 21:54:37	Food	Food: Fish, Avocado, Coconut butter
2018-02-08 01:30:00	Food	Food: Egg, Kale, Coconut oil, Sprouts, Sole
2018-02-08 02:46:54	Food	Food: Onion, Sweet potato, Butternut squash, Soup, Turmeric
2018-02-08	Symptom Score	30 (mild)
2018-02-08 13:30:00	Sleep	6 to 8 hours
2018-02-08 16:15:00	Stool	Type 2: Lumpy and sausage like
2018-02-08 17:00:00	Food	Bulletproof Coffee: Coffee, Clarified butter, Brain octane oil
2018-02-08 20:00:00	Food	Daily salad: Salmon, Olive oil, Cabbage, Spring mix, Apple cider vinegar, Turmeric
2018-02-08 20:42:31	Stomach Pain	Mild pain
2018-02-08 23:00:00	Food	Food: Coconut
2018-02-09 00:45:00	Food	Food: Fish
2018-02-09 02:45:00	Food	Food: Avocado
2018-02-09 04:00:00	Food	Coconut yogurt: Coconut (grated), Chia seeds, Cinnamon, Blueberry, Coconut yogurt, Hemp seeds, Collagen hydrolysate
2018-02-09 14:15:00	Sleep	6 to 8 hours
2018-02-09 14:30:00	Skin	(1 left cheek)

Date	Tracking	Value
2018-02-09 20:30:00	Food	Bulletproof Matcha: Clarified butter, Matcha, Brain octane oil
2018-02-09 21:15:00	Skin	(1 chin)
2018-02-10 01:00:00	Skin	(1 chin)
2018-02-10 02:00:00	Skin	(1 right cheek)
2018-02-10 02:30:00	Food	Food: Beetroot, Broccoli, Olive oil, Fish, Cabbage, Coconut butter, Brussel sprouts, Spring mix
2018-02-10	Symptom Score	0 (easy)
2018-02-10 05:30:00	Food	Coconut yogurt: Coconut (grated), Chia seeds, Cinnamon, Pure vanilla extract, Coconut yogurt, Hemp seeds, Collagen hydrolysate
2018-02-10 06:30:00	Stool	Type 4: Smooth sausage
2018-02-10 18:15:00	Sleep	More than 8 hours
2018-02-10 18:30:00	Food	Food: Broccoli, Cauliflower, Butternut squash, Avocado, Cabbage, Coconut butter
2018-02-10 19:15:00	Food	Coconut yogurt: Coconut (grated), Chia seeds, Cinnamon, Cranberry, Blueberry, Coconut yogurt, Hemp seeds, Collagen hydrolysate
2018-02-10 22:45:00	Food	Food: Broccoli, Cauliflower, Salmon, Olive oil, Beetroot, Sweet potato, Turmeric
2018-02-11	Symptom Score	35 (moderate)
2018-02-11 04:15:00	Food	Food: Egg, Sweet potato, Mushroom, Kale, Avocado oil
2018-02-11 04:45:29	Bloating	Mild bloating
2018-02-11 15:00:00	Sleep	6 to 8 hours
2018-02-11 18:45:00	Food	Food: Cabbage, Avocado, Coconut butter
2018-02-11 19:30:00	Food	Coconut yogurt: Coconut (grated), Chia seeds, Cinnamon, Blueberry, Coconut yogurt, Hemp seeds, Collagen hydrolysate
2018-02-11 21:45:00	Food	Food: Beetroot, Broccoli, Fish, Turmeric
2018-02-11 23:45:00	Workout	Medium workout (HIIT)
2018-02-12 00:09:08	Stomach Pain	Moderate pain
2018-02-12 00:16:38	Food	Food: Egg, Mushroom, Fish, Sprouts, Avocado oil
2018-02-12 02:43:33	Food	Food: Coconut
2018-02-12 03:15:00	Bloating	Mild bloating
2018-02-12	Symptom Score	40 (moderate)
2018-02-12 04:30:52	Stool	Type 1: Separate hard lumps
2018-02-12 13:30:00	Sleep	6 to 8 hours

Date	Tracking	Value
2018-02-12 18:30:00	Food	Bulletproof Coffee: Coffee, Clarified butter, Brain octane oil
2018-02-12 21:15:00	Food	Daily salad: Salmon, Olive oil, Chia seeds, Cinnamon, Spring mix, Apple cider vinegar, Hemp seeds
2018-02-13 00:15:00	Food	Food: Egg, Coconut oil, Avocado, Coconut butter
2018-02-13 01:45:00	Food	Coconut yogurt: Coconut (grated), Chia seeds, Cinnamon, Pure vanilla extract, Coconut yogurt, Hemp seeds, Collagen hydrolysate
2018-02-13 02:55:36	Food	Food: Salmon, Avocado
2018-02-13	Symptom Score	0 (easy)
2018-02-13 14:30:00	Skin	(1 left cheek)
2018-02-13 17:30:00	Workout	Hard workout (Super Slow)
2018-02-13 18:15:00	Food	Bulletproof Coffee: Coffee, Clarified butter, Brain octane oil
2018-02-13 21:15:00	Food	Daily salad: Salmon, Olive oil, Chia seeds, Spring mix, Apple cider vinegar, Hemp seeds, Turmeric
2018-02-14 00:00:03	Stool	Type 4: Smooth sausage
2018-02-14 01:15:00	Food	Food: Egg, Fish, Avocado, Parsley, Avocado oil, Macadamia oil
2018-02-14 03:30:00	Food	Coconut yogurt: Coconut (grated), Chia seeds, Cinnamon, Raspberry, Coconut yogurt, Hemp seeds
2018-02-14	Symptom Score	20 (mild)
2018-02-14 13:15:00	Sleep	6 to 8 hours
2018-02-14 18:30:00	Food	Bulletproof Coffee: Coffee, Clarified butter, Brain octane oil
2018-02-14 21:00:00	Food	Daily salad: Olive oil, Chia seeds, Parsley, Fish, Spring mix, Apple cider vinegar, Hemp seeds, Turmeric
2018-02-14 23:15:59	Food	Food: Avocado
2018-02-14 23:36:23	Stool	Type 2: Lumpy and sausage like
2018-02-15 08:30:00	Sleep	6 to 8 hours
2018-02-15 09:00:00	Skin	(1 chin)
	Food	Food: Egg, Collagen hydrolysate
2018-02-15 11:15:00	Food	Food: Cabbage
2018-02-15 11:45:00	Workout	Medium workout (HIIT)
2018-02-15 15:15:00	Food	Food: Avocado

Date	Tracking	Value
2018-02-15 18:45:00	Food	Coconut yogurt: Coconut (grated), Chia seeds, Cinnamon, Pure vanilla extract, Coconut yogurt, Hemp seeds
2018-02-15 19:45:00	Food	Food: Egg, Parsley, Sprouts, Avocado oil, Macadamia oil
2018-02-16 00:00:00	Food	Food: Egg
2018-02-16 01:00:00	Food	Food: Green beans
2018-02-16 15:00:00	Food	Food: Avocado, Lemon
2018-02-16 16:54:24	Food	Food: Broccoli, Cauliflower, Brussel sprouts, Avocado oil
2018-02-16 18:14:29	Food	Food: Sole
2018-02-16 20:00:00	Food	Food: Broccoli, Beef, Cauliflower, Coconut oil, Cabbage, Olive oil
2018-02-17	Symptom Score	0 (easy)
2018-02-17 09:00:00	Sleep	More than 8 hours
2018-02-17 09:30:00	Food	Food: Broccoli
2018-02-17 11:00:00	Food	Food: Avocado, Lemon, Sole
2018-02-17 12:30:00	Stool	Type 3: Sausage with cracks
2018-02-17 13:00:00	Skin	(1 chin, cancer sore)
2018-02-17 13:45:00	Food	Food: Sweet potato, Broccoli, Cauliflower, Coconut oil
2018-02-17 16:15:00	Food	Food: Sweet potato
2018-02-17 22:30:00	Food	Food: Sweet potato, Sole
2018-02-18 08:30:00	Skin	(1 chin)
2018-02-18 09:33:39	Sleep	More than 8 hours
2018-02-18 11:45:00	Food	Bulletproof Coffee: Coffee, Clarified butter, Brain octane oil
2018-02-18 17:45:00	Food	Food: Broccoli, Cauliflower, Coconut oil, Coconut butter
2018-02-18 20:00:00	Food	Food: Avocado
2018-02-18 22:30:00	Food	Food: Cauliflower
2018-02-19	Symptom Score	25 (mild)
2018-02-19 08:30:38	Sleep	6 to 8 hours
2018-02-19 11:30:00	Food	Bulletproof Coffee: Coffee, Clarified butter, Brain octane oil
2018-02-19 14:00:00	Food	Food: Broccoli
	Food	Food: Egg, Broccoli, Cauliflower
2018-02-19 16:00:00	Food	Food: Egg, Broccoli, Cauliflower

Date	Tracking	Value
2018-02-19 17:00:00	Food	Food: Coconut butter
2018-02-19 18:57:12	Bloating	Mild bloating
2018-02-19 19:36:37	Food	Food: Onion, Cucumber, Olive, Lemon, Iceberg, Olive oil?
2018-02-19 20:23:12	Bloating	Moderate bloating
2018-02-19 22:50:49	Food	Food: Avocado, Coconut milk, Chia seeds, Blueberry, Egg, Collagen hydrolysate
2018-02-20	Symptom Score	25 (mild)
2018-02-20 08:30:00	Sleep	6 to 8 hours
2018-02-20 11:45:00	Food	Bulletproof Coffee: Coffee, Clarified butter, Brain octane oil
2018-02-20 12:25:11	Stool	Type 3: Sausage with cracks
2018-02-20 14:15:00	Food	Food: Avocado, Tomato, Onion
2018-02-20 15:33:44	Stomach Pain	Mild pain
2018-02-20 15:54:01	Food	Food: Broccoli, Cauliflower, Egg, Coconut oil
2018-02-20 19:00:39	Food	Food: Cauliflower
2018-02-20 19:04:48	Bloating	Moderate bloating
2018-02-20 20:07:05	Food	Food: Broccoli, Cauliflower, Ginger, Kohlrabi, Zucchini