

Healthful Pursuit

healthy treats, whole food eats & balanced living

Date: Nov 26

Mon Tues Wed Thurs Fri Sat Sun

Weight: 137.0 21.4%

Time	Food/Beverage & Quantity	Food type	Symptoms	
6am	1/4 cup coconut milk 3/4 cup water 4 ice cubes 1 cup berries	1 egg protein glutamine probiotics 1tbsp chia seed	1 fruit 2 fat 1 protein	thick + creamy! Hasn't been as filling as I remember
8:30 am	1 honey, egg, coconut cookie 2tbsp apple sauce 1tbsp cashew butter 1tbsp flaxseed	2 fat <u>SUGAR!</u> 1 fruit	Perfect morning snack. Would love w/o honey.	
12:30 pm	1 cup roasted veg - peppers, eggplant, 1tsp coconut oil zucchini, portabella 1/2 cup homemade pasta sauce w/ bison + 1 strip bacon	2 veg 1 protein 1 fat	Hit the spot!	
1pm	Honey doughnut (homemade)	2 fat <u>sugar/fruit</u>	pain in lower ab. Similar to candida pains. Can't handle this much honey.	
4pm	1 zucchini 2tbsp pesto 24 shrimp	3 veg 1 starch 2 fat 1 protein	intense hunger pains afterward. water/lemon helped	
7pm	1 cup broccoli 1 bacon 1 egg	2 fat 2 veg 1 protein		

Hours of sleep

4

5

6

7

8

9

(10)

↑ slept last night from
7pm-12pm then
1pm-6pm

Glasses of water (each cup = 500mL)



Total consumption



Physical activity type: Crossfit 16min+w/u
intense - leg cramping but felt strong

Energy level

Fine until I had honey, then very sleepy!
- 130 minute nap in the afternoon.

Summary of my day (cravings, situations, timing of meals, etc)

Still feeling a bit of jet lag. Food to be home with routine. Have to stop w/ honey - can feel the effects. Woke up w/ upset stomach. Pains could be b/c of grain consumption yesterday - 2 quinoa/rice cakes.

Lessons

Sensitivity to garlic? Maybe when its just raw?

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Date: Nov 27

Mon Tues Wed Thurs Fri Sat Sun

Weight: 137.0

Time	Food/Beverage & Quantity		Food type	Symptoms
6am	1.5 cups mixed berries 1/4 cup coconut milk 3/4 cup water 1tbsp soaked chia egg protein powder	glutamine probiotics ice cubes	2 fat 2 fruit 1 protein	Delicious! Hungry around 8AM, so drank tea
10am	1tbsp coconut flour 1tbsp coconut milk xylitol 2tbsp cashew butter 1tbsp flaxseed	1 egg 1/2 scoop nut	1 protein 4 fat	Was so hungry! Prep b4 diving. Ate after body rock. So satisfying
3:15 pm	1cup roasted vegetables / Went back for seconds 1cup spaghetti sauce / 1 hour later - 1/4 cup sauce 1cup veg 430	/ Went back for seconds 1/4 cup sauce 1cup veg 430	8 veg 2 protein 2 fat	Was full with first serving, not sure why I went back for another. Boredom? Gas + bloating.
6pm	1/2 pancake		2 fat 1/2 protein	Nothing, but had to try it
8pm	2cups mixed greens 2 pickles 1/2 cucumber 1/2tbsp mayo	2 1/2 shrimp 2 walnuts 1 hazelnut 1 almond	1 protein 1/2 fat 8 veg 1 fat	

Hours of sleep

4 5 6 7 8 9 10

Glasses of water (each cup = 500mL)



Total consumption



Summary of my day (cravings, situations, timing of meals, etc)

Feeling faint/lazy in peak after my smoothie, similar to yesterday. Ketosis issues again. Fats help. Hard to accept when I'm just not hungry.

Lessons

Figure out how to make pancakes for work! Loved them + high in protein.
Much less stressed than before trip (can tell w/ digestion).

Healthful Pursuit

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Date: Nov 28

Mon Tues Wed Thurs Fri Sat Sun

Weight: 137.0

Time	Food/Beverage & Quantity	Food type	Symptoms
5AM	1.5cup mixed berries 1/4 cup coconut milk 3/4 cup water 1tbsp soaked chia	glutamine egg protein probiotics	2fruit 1protein 2fat Not as filling looking for things to eat
7am	2almonds 2hazelnuts 1walnut 1tbsp cashewbutter	2fat	Snacky
830 AM	1tbsp cashew butter 1tbsp coconut flour, oil, flax, coconut 1/4cup egg white Y2tbsp coconut oil	xylitol 1cup almond milk	5fat 1protein Blurry brained until lunchtime. filling & happy. Really didn't need lunch
1pm	1cup broccoli 2strips bacon 1/2cup bison 1tbsp currants	red onion 2cup greens 2tbsp mayo	2protein 4veg 3fat 1/2fruit Bloating & pain Bacon? Currants? Garlic?
4pm	carrot before crossfit	1 veg	Good to know I don't need a lot of food b4 class
630 pm	4oz. turkey breast 1carrot 1/2 zucchini 1tbsp maplesyrup, coconut oil, mustard	1protein 2veg 1fat	was really full after. but went away in 20min

Bed snack = 1tbsp coconut butter

Hours of sleep

4 5 6 7 8 9 10

Glasses of water (each cup = 500mL)



Total consumption



Physical activity type: crossfit = Grace
3:26 #53

Energy level

Pretty good today, but still blurry brained
VERY tired after xfit



Summary of my day (cravings, situations, timing of meals, etc)

Always get bloated in the afternoon, could be b/c eating when I'm not
exactly hungry. Muscles were very tired come bed-time
Movements are slower/not as they usually are.

Lessons

Try to stop w/ cashew butter - higher in carbs and may benefit
more from oils & whole nuts. Start adding flax to smoothies
to increase fiber!

Healthful Pursuit

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Date: Nov 29

Mon Tues Wed Thurs Fri Sat Sun

Weight: 136.2 / 217.11

Time	Food/Beverage & Quantity	Food type	Symptoms	
5:30 am	1.5 cup berries 1tbsp ground flax 1tbsp chia soaked 1/4 cup coconut milk	3/4 cup water probiotics glutamine egg protein	2 fruit 1 protein 3 fat	Kept me full & happy! - green tea
10 am	2 almond, 3 walnuts, 1 hazelnut 1/2 tbsp cashew butter 1tbsp coconut oil 1tbsp flax seed ground 1tbsp coconut flour, oil	xylitol	4 fat 1 protein	Washed hungry, but knew I had to eat. Felt jittery after? Less than 1 hour after
2pm	1 cup pasta sauce w/bison + bacon 1 cup spec. squash . removed garlic, ate bacon	1 protein 1/2 protein 2 starch 2 veg	minor bloating. Was totally tide garlic	
7pm	1 cup broccoli 1 piece bacon 2tbsp mayo 24 shrimp	2 cups mixed greens onion, sundried tom. sunflower seeds currants	4 veg. 1 protein 2 fat	Ate b/c I know protein had to.
8pm	2tbsp coconut butter 1/4 cup almond milk	2 fat	still hungry	
			- Rooibos	

Hours of sleep

4 5 6 7 8 9 10

Glasses of water (each cup = 500mL)



Total consumption



Summary of my day (cravings, situations, timing of meals, etc)

Not as hungry in the morning as I have been lately. Considerable amount of stress at work with lot of unknowns/changes. Felt strong today. Later movement. Hunger was relatively weak all day, except after dinner. Solved w/a bit of coconut butter.

Lessons

coconut oil on snack was a great idea. So were shell nuts on desk! Sensitive to garlic... !!

Physical activity type: Crossfit 800m row,
15-12-9-6-3 Deadlift #90, TTB 800m row
18:30 Burpees, jumpings, wallball, KB swing x 1 min per

Energy level

Pretty good. Really kicked up after 10AM snack.

Healthful Pursuit

healthy treats, whole food eats & balanced living

Date: Nov. 30

Mon Tues Wed Thurs Fri Sat Sun

Weight: 136.2 lbs

Time	Food/Beverage & Quantity	Food type	Symptoms	
5am	1.5 cup mixed berries 1 egg protein 1/2 cup coconut milk 1/2 cup water	1tbsp soaked chia 1tbsp ground flax probiotic glutamine	2 fruit 1 protein 3 fat	Woke up hungry - rarely happens!
10am	1/2 tbsp almond butter 2tbsp coconut oil 1tbsp ground flax 1tbsp coconut flour 1/4 cup egg white	2 carrots 2 celery sticks xyitol	4 fat 1 protein 2 veg	Hunger queue today. Was snacky later so had veggies
2:45 pm	4oz. turkey breast 3/4 lace chili 2 carrots 1tbsp coconut oil		1 protein 4 veg 1 fat	Enjoyed lunch, no issues after at all! Really enjoy new eating schedule
6pm	2 cups mixed greens 2tbsp shrimp 1tbsp mayo 1tbsp sunflower seeds	1 yellow pepper 1/2 cucumber 2tbsp walnuts	7 veg 1 protein 2 fat	'Awesome!'
7pm	3tbsp coconut butter		4 fat	food on the brain
9pm	Coconut paleo pack		1 protein	

Hours of sleep

4 5 6 7 8 9 10

Glasses of water (each cup = 500mL)



Physical activity type:

'Decided wednesdays should be rest days'

Energy level

Good - very clear headed today - able to communicate well.

Total consumption



Summary of my day (cravings, situations, timing of meals, etc)

Harder to pass - could be stress, nuts. Didn't have stevia today. No garlic either and things much better. Noticed that I crave food when I get home but I'm not actually hungry.

Lessons

Raw nuts may be contributing to slow digestion. Staying busy at home to avoid snacking when I don't need it! I have the power within me!

Healthful Pursuit

healthy treats, whole food eats & balanced living

Date: Dec 1

Mon Tues Wed Thurs Fri Sat Sun

Weight: 136.2 21%

Time	Food/Beverage & Quantity	Food type	Symptoms
5am	1tbsp soaked chia 1/2 cup coconut milk 1/2 cup water 6 cubes 1 egg protein	1.5 cups mixed b. glutamine probiotics	2 fruit 3 fat 1 protein The blender almost broke...
	1/2 tbsp almond butter 2 tbsp coconut oil 1/4 cup coconut milk 1/4 cup egg white	1tbsp coconut flour 2tbsp ground flax	Love this snack. It's totally perfect! - Green tea
1pm	1cup spaghetti squash 1/2 cup meat sauce 4oz. turkey breast	1 veg 1 starch 1.5 protein	Forced to eat, wasn't hungry really. Minor bloating Tired after too much food
2pm	2 carrots 2 celery	2 veg 2 fat	ate just b/c - tummy pains @ mall
5:30 pm	4 pecans 7 almonds 1/4 cup almond milk		ate just b/c
6:30 PM	1 cup roasted veg- eggplant, zucchini, mushrooms, pepper 2 cup mixed veg 2tbsp mayo	6 veg 3 fat 1 protein	Knew I had to have something or would snack on almonds all night
	1/2 cucumber 24 shrimp		

Hours of sleep

4 5 6 7 8 9 10

Glasses of water (each cup = 500mL)



Total consumption



Summary of my day (cravings, situations, timing of meals, etc)

Another food on the board today - often when Kevin isn't here. Went clothing shopping and nicely fit in a size 7! Had eye pain this afternoon + back really sore

Lessons Be patient young grasshopper. Tummy pains are hugely related to stress.

Could do with more veg in the morning... smoothie?

Physical activity type: Bodyrock - 1000 challenge. Got to 5 @ 22min - Knee pain

Energy level
Didnt get enough sleep. Noticed in the afternoon