

3 DAY FOOD DIARY

Client Name: Jonathan White

ID: 7662

Days

Day 1 - March 4th

Breakfast

- 2 eggs
- 1 yellow banana
- ½ cup of blueberries
- 6g of collagen
- 6g of creatine

Lunch

- Sweet and sour chicken box lunch combo
- water

Dinner

- 200g curry chicken
- 1 cup parboiled rice
- water

Day 2 - March 5th

Breakfast

- 2 eggs
- 1 yellow banana
- ½ cup of blueberries
- 6g of collagen
- 6g of creatine

Lunch

- 200g beef mince

- 1 cup parboiled rice
- water

Dinner

- 200g curry chicken
- 1 cup parboiled rice
- water

Day 3 - March 6th

Breakfast

- 2 eggs
- 1 yellow banana
- ½ cup of blueberries
- 6g of collagen
- 6g of creatine

Lunch

- 200g beef mince
- 1 cup parboiled rice
- water

Dinner

- 200g curry chicken
- 1 cup parboiled rice
- water