RIK'S FOOD,

Of my

23 meals or snacks

this week,

*not home-cooked

10

included an

almond-based item, and

included fruit.

I get

7 hours 54 min

of sleep, on average.

SLEEP,

I generally wake up around

ierally wake up around

9 +40.

21:17

100%

of my drinks are water, and I drink

D glasses

per day, on average.

Some are sparkling,

though most are still.

& DRINK.

oatmeal with blueberries and almonds sautéed sweet potatoes with guacamole almond flour crackers and guacamole oatmeal with blueberries and sausage four handfuls of pistachios, unshelled taco choy and yu choy with soy sauce quinoa, chicken, kale, and carrots berry smoothie bowl and granola berry smoothie bowl and granola berry smoothie bowl and granola ılmond flour crackers and a pea broccoli and peas with kale pest one bottle (two glasses) of water one bottle (two glasses) of water quite a few handfuls of cashews few more handfuls of cashews half bottle (one glass) of water half bottle (one glass) of water **= 09/13. 00:54 BED. 09:38 WAKE. = 09/14. 00:58 BED. 09:05 WAKE.** 09/15. 00:56 BED. 09:30 WAKE. one glass of sparkling water two glasses of water one glass of water