

Breakfast ideas, eggs are causing constipation and is really bored with them

Protein sizes
And mix of foods

Fruit and nuts, has been eating more nuts, guidance on amount of nuts
Size of pots

Homemade soup
Butternut squash (a lot of)
Leak
Corrgettes
Chicken

Snacks
Are the nuts and fruit

Has had treats, alcohol, and chocolate
Pub roast dinner

Saturday pancakes still eaten just made with coconut oil

75% / 80%

Understanding on food groups
Carbs yes and no

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Email over a few bits