

2018 - July

Sunday, July 29, 2018 10:59 AM

7.29.Su

2 coffee  
Smoothie - pineapple, cherry  
banana, kale, collagen  
4 magnesium  
spinach, tomato, garlic  
& salmon

11 hr sleep

BM firm  
L-glutamine

good energy

S,D 1c mint choc chip ice cream

4A 3 rose, 1 P. Noir

11:30p

7:30 alarm, up 8:10 8hrs

7-30 M

coffee  
- Smoothie w/ plum  
- Salmon, spinach, tomato  
leeks

L-glutamine  
BM clumps in box  
forgot Magnesium

S Ice cream - small  
- pork, peppers, onion  
broccoli, chickpea salad

S ice cream - small

7.31 T

coffee  
- Smoothie w/ cucumber  
bell pepper  
trail mix  
leftover pork kabobs  
greens w/ broccoli over  
1 gin tonic

BM burned  
L-glutamine  
4 Magnesium drops

4A

2 chispas  
shrimp tacos @ Sol Luna  
refried beans  
salad

1 wine

8.1 W

coffee  
Smoothie - cucumber, plum  
Pineapple, kale, oatmeal

BM burned  
L-glutami  
BM-diarrhea, burn

Pickled cucumber, eggplant  
Cucumber & hummus

Gin & tonic  
wine