Sunday, July 29, 2018
10:59 AM

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

**3, D**
1 c. mint chocolate chip ice cream

**4A**
2 rose, 1 P. Noir

**7-30 M**
- coffee
  - Smoothie w/ plum
  - salmon, spinach, tomato, kale
  - ice cream (small)
  - pork, peppers, onion, broccoli, chicken salad
  - ice cream (small)

**7.31.T**
- coffee
  - smoothie w/ cucumber, bell pepper, trail mix
  - tofu, pork, kabobs, greens w/ broccoli, over 1 gin tonic

**8.1 W**
- coffee
  - BM burned
  - L-glutamine
  - 4 magnesium drops

Smoothie - cucumber, plum, wine
Pineapple, kale, oatmeal
BM-diarrea, burn

Pickled cucumber, eggplant
Cucumber & hummus
Gin & tonic

BM firm
BM clumps in loose stool
forgot magnesium
BM burned
L-glutamine
4 magnesium drops
BM-diarrea, burn
BM burned
L-glutamine
4 magnesium drops
BM-diarrea, burn
BM-diarrea, burn
BM-diarrea, burn
BM-diarrea, burn