



Before

DAY: Monday			DATE: 3 July 2017			
BREAKFAST	Time: 10:30	Item + portion: Honey Cheerios +/- 250g	Item + portion Milk +/- 300ml	Item + portion	Item + portion	Item + portion
	Money: Unknown					
LUNCH	Time: 13:30	Item + portion: Pasta (430g) + white sauce + mushrooms + cheese	Item + portion	Item + portion	Item + portion	Item + portion
	Money: R100					
DINNER	Time: 21:00	Item + portion Butternut soup (100ml)	Item + portion	Item + portion	Item + portion	Item + portion
	Money: Unknown					
DRINKS	Coffee (06:00; 09:00; 11:30; 15:30; 21:00)	Water (800ml)				
SNACKS	Banana gummy sweets	Bubbly chocolate (87g)				



Before

DAY: Tuesday			DATE: 4 July 2017			
BREAKFAST	Time: 10:30	Item + portion Honey Cheerios (+/- 300g)	Item + portion Milk (+/- 350ml)	Item + portion	Item + portion	Item + portion
	Money: Unknown					
LUNCH	Time: 13:45	Item + portion Chicken, butternut & feta cheese lasagne + sweet chilli sauce	Item + portion	Item + portion	Item + portion	Item + portion
	Money: R64					
DINNER	Time: 22:30	Item + portion butternut soup (+/- 500ml)	Item + portion	Item + portion	Item + portion	Item + portion
	Money: unknown					
DRINKS	Coffee (7:00, 9:30, 10:45, 14:30, 17:45)					
SNACKS	Sour bones gummy sweets (7)					



Before

DAY: Wednesday			DATE: 5 July 2017			
BREAKFAST	Time: 09:00	Item + portion Banana Muffin	Item + portion	Item + portion	Item + portion	Item + portion
	Money: Unknown					
LUNCH	Time: 16:00	Item + portion Lasagne – Beef (300g)	Item + portion	Item + portion	Item + portion	Item + portion
	Money: R40					
DINNER	Time: 22:30	Item + portion Chicken (2 thighs, 1 wing)	Item + portion	Item + portion	Item + portion	Item + portion
	Money: ?					
DRINKS	Coffee (7:00, 8:30, 11:00, 13:00, 15:00. 22:00)					
SNACKS	Small sandwiches - tuno mayo, spiced beef & chicken mayo	Darling smooth yoghurt – stewed fruit & custard				



Before

DAY: Thursday			DATE: 6 July 2017			
BREAKFAST	Time: 10:00	Item + portion Banana chips (110g)	Item + portion 175g Darling stewed fruit & custard yoghurt	Item + portion Strawberry & Kiwi fruit	Item + portion	
	Money: R30					
LUNCH	Time: 13:00	Item + portion 405g Pasta + white sauce + bacon + butternut + pecan nuts	Item + portion 4 Salmon fashion sandwiches + ginger + soy sauce	Item + portion	Item + portion	
	Money: R92					
DINNER	Time: 22:00	Item + portion 2 slices of toast, butter and peanut butter	Item + portion	Item + portion	Item + portion	
	Money: Unknown					
DRINKS	Coffee (6:00, 9:00, 14:30, 17:00, 21:00)					
SNACKS	3 banana gummy sweets					



Before

DAY: Friday			DATE: 7 July 2017			
BREAKFAST	Time: 10:00	Item + portion 1 spinach & feta quiche, 1 chicken & mushroom quiche	Item + portion	Item + portion	Item + portion	Item + portion
	Money: R22					
LUNCH	Time: -	Item + portion -	Item + portion	Item + portion	Item + portion	Item + portion
	Money: -					
DINNER	Time: 22:00	Item + portion Steak vindaloo (+/- 300g)	Item + portion Double cream plain yoghurt (200ml)	Item + portion	Item + portion	Item + portion
	Money: Unknown					
DRINKS	Coffee (4:00, 7:00, 8:00,12:30, 15:00, 19:00, 21:45)					
SNACKS						



Before

DAY: Saturday			DATE: 8 July 2017			
BREAKFAST	Time: 9:00	Item + portion Sausage & Egg McMuffin & Cappuccino	Item + portion	Item + portion	Item + portion	Item + portion
	Money: R36					
LUNCH	Time: -	Item + portion -	Item + portion	Item + portion	Item + portion	Item + portion
	Money: -					
DINNER	Time: 17:30	Item + portion Steak Vindaloo (+/- 300g)	Item + portion +/- 300ml double cream yoghurt	Item + portion	Item + portion	Item + portion
	Money: -					
DRINKS	Coffee (6:30,9:00, 11:45, 15:00, 17:30. 20:00)					
SNACKS	Butter flavoured microwave popcorn	100g Lindt chocolate eggs	Bubbly chocolate slab (150g)			



Before

DAY: Sunday			DATE: 9 July 2017			
BREAKFAST	Time: -	Item + portion	Item + portion	Item + portion	Item + portion	Item + portion
	Money: -					
LUNCH	Time:	Item + portion	Item + portion	Item + portion	Item + portion	Item + portion
	Money:					
DINNER	Time: 21:00	Item + portion Pork stir fry (300g) Brown rice (200g)	Item + portion	Item + portion	Item + portion	Item + portion
	Money: Unknown					
DRINKS	Coffee (12:00, 15:45, 16:00, 17:45, 19:00, 22:00)					
SNACKS	Cheese & Ham sandwiches	2 mini steak pies	2 mini chicken pies	Smoked chicken & cream cheese hors d'oeuvres	8 Jellybeans	



Before

DAY: Monday			DATE: 10 July 2017			
BREAKFAST	Time: 08:00	Item + portion 3 Homemade koeksusters	Item + portion	Item + portion	Item + portion	Item + portion
	Money: R12					
LUNCH	Time: -	Item + portion -	Item + portion	Item + portion	Item + portion	Item + portion
	Money: -					
DINNER	Time: 18:30	Item + portion 250g Pork stirfry	Item + portion 200g Brown rice	Item + portion	Item + portion	Item + portion
	Money: Unknown					
DRINKS	Coffee (5:00, 6:45, 8:00, 11:00, 15:00, 18:00, 21:00)					
SNACKS	5 Star chocolate bar	1 homemade koeksuster	Carrot & pecan nut muffin	+/- 10 Woolies gummy sweets	+/-50g Bubbly chocolate	



Before

DAY: Tuesday			DATE: 11 July 2017			
BREAKFAST	Time: 10:00	Item + portion 50g FutureLife Porridge (original flavour)	Item + portion	Item + portion	Item + portion	Item + portion
	Money: Unknown					
LUNCH	Time: 12:00	Item + portion Macaroni cheese & chicken	Item + portion +/- 400g spaghetti & meatballs	Item + portion	Item + portion	Item + portion
	Money: R30					
DINNER	Time: 20:45	Item + portion 200g steak curry	Item + portion +/- 150ml double cream	Item + portion	Item + portion	Item + portion
	Money: -					
DRINKS	Coffee (7:00, 10:00, 14:00, 17:00. 21:00)	Water (1000ml)				
SNACKS						



Before

DAY: Wednesday			DATE: 12 July 2017			
BREAKFAST	Time: 9:00	Item + portion FutureLife Cereal (original flavour) 50g + Full Cream Milk	Item + portion Strawberry, Papaya & Kiwi	Item + portion	Item + portion	
	Money: R30					
LUNCH	Time: 14:00	Item + portion Macaroni Cheese (+/- 450g)	Item + portion	Item + portion	Item + portion	
	Money: R56					
DINNER	Time: 22:00	Item + portion 2 slices of white toast	Item + portion 3 slices of shaved ham	Item + portion +/- 2 tablespoons Ultra-creamy peanut butter	Item + portion	
	Money: Unknown					
DRINKS	Coffee (6:00, 9:00, 14:00, 15:00, 21:30)	Water (1250ml)				
SNACKS						



Before

DAY: Thursday			DATE: 13 July 2017			
BREAKFAST	Time: 9:00	Item + portion 100g Original FutureLife Porridge	Item + portion	Item + portion	Item + portion	Item + portion
	Money: Unknown					
LUNCH	Time: 15:00	Item + portion Tomato bredie & White Rice	Item + portion	Item + portion	Item + portion	Item + portion
	Money: R50					
DINNER	Time: 21:00	Item + portion 2 chicken thighs, 1 drum stick + 150g mixed veg.	Item + portion	Item + portion	Item + portion	Item + portion
	Money: ?					
DRINKS	Coffee (6:30, 9:00, 11:30, 14:30)					
SNACKS	Fantazzmix mixed jelly sweets (+/- 90g)					



Before

DAY: Friday			DATE: 14 July 2017			
BREAKFAST	Time: 9:20	Item + portion FutureLife Porridge (+/- 100g)	Item + portion +/- 250ml Milk	Item + portion	Item + portion	Item + portion
	Money: Unknown					
LUNCH	Time: 15:00	Item + portion Toasted ham sandwich, tomato & lettuce	Item + portion	Item + portion	Item + portion	Item + portion
	Money: Unknown					
DINNER	Time: 22:00	Item + portion Chicken breast (1.5)	Item + portion +/- 50g Sweet potato & Buttermut	Item + portion	Item + portion	Item + portion
	Money: Unknown					
DRINKS	Coffee (9:00, 11:00, 14:30, 17:00, 19:00, 22:00)					
SNACKS						



Before

DAY: Saturday			DATE: 15 July 2017			
BREAKFAST	Time: 9:45	Item + portion FutureLife (+/- 100g)	Item + portion +/- 250ml full cream milk	Item + portion	Item + portion	Item + portion
	Money: Unknown					
LUNCH	Time: 14:30	Item + portion 2 slices of white toast	Item + portion	Item + portion	Item + portion	Item + portion
	Money: Unknown					
DINNER	Time: 20:30	Item + portion Boerewors rolls	Item + portion	Item + portion	Item + portion	Item + portion
	Money: Unknown					
DRINKS	Coffee (9:00, 11:00, 14:30, 17:00, 19:30)	Whiskey & Marula water (4)				
SNACKS	Popcorn					



After

DAY: Sunday			DATE: 16 July 2017			
BREAKFAST	Time: 12:45	Item + portion 100g FutureLife original porridge	Item + portion +/- 200ml milk	Item + portion	Item + portion	Item + portion
	Money: Unknown					
LUNCH	Time: 15:30	Item + portion 2 thighs, 1 drumstick (Braai)	Item + portion 100g Sweet Potato	Item + portion 150g Butternut	Item + portion	Item + portion
	Money: Unknown					
DINNER	Time: 22:00	Item + portion 2 packs of Instant Noodles	Item + portion	Item + portion	Item + portion	Item + portion
	Money: Unknown					
DRINKS	Coffee (12:50, 13:45, 15:00, 17:00, 19:00, 22:00)					
SNACKS						



After

DAY: Monday			DATE: 17 July 2017			
BREAKFAST	Time: 9:00	Item + portion Muesli & double cream yoghurt	Item + portion Kiwi & Pineapple chunks	Item + portion	Item + portion	Item + portion
	Money: R22					
LUNCH	Time: 13:30	Item + portion Chicken drumsticks	Item + portion	Item + portion	Item + portion	Item + portion
	Money: Unknown					
DINNER	Time: 22:00	Item + portion 2 slices of toast & peanut butter	Item + portion	Item + portion	Item + portion	Item + portion
	Money: Unknown					
DRINKS	Coffee (3 cups) Rooibos Tea (2 cups)	White vanilla tea (1 cup)				
SNACKS						



After

DAY: Tuesday			DATE: 18 July 2017			
BREAKFAST	Time: 12:15	Item + portion Almond muesli +/- 50g	Item + portion Plain double cream yoghurt	Item + portion	Item + portion	Item + portion
	Money: Unknown					
LUNCH	Time: 13:05	Item + portion Beef slider (50g)	Item + portion ¼ Beef wrap	Item + portion Cucumber, feta cheese & bell peppers	Item + portion	Item + portion
	Money: Unknown					
DINNER	Time: 22:00	Item + portion Thigh and drumstick	Item + portion	Item + portion	Item + portion	Item + portion
	Money: Unknown					
DRINKS	3 cups of decaf coffee					
SNACKS	1 slice vanilla cake (I cracked 😊)					



After

DAY: Wednesday			DATE: 19 July 2017			
BREAKFAST	Time: 9:00	Item + portion 50g Oats and cinnamon	Item + portion	Item + portion	Item + portion	Item + portion
	Money: Unknown					
LUNCH	Time: 15:00	Item + portion DIY salad (smoked chicken, feta cheese, chickpeas, bell peppers, cucumber, guacamole & broccoli)	Item + portion	Item + portion	Item + portion	Item + portion
	Money: R68					
DINNER	Time: 22:00	Item + portion 2 Slices of toast + peanut butter	Item + portion	Item + portion	Item + portion	Item + portion
	Money: Unknown					
DRINKS	Decaf coffee (6:00, 9:00, 10:30, 15:30. 22:00)					
SNACKS	Nuts – Brazil, almonds, cashews					



After

DAY: Thursday			DATE: 20 July 2017			
BREAKFAST	Time: 10:00	Item + portion Strawberry & Pineapple with plain yoghurt	Item + portion	Item + portion	Item + portion	Item + portion
	Money: R20					
LUNCH	Time: 12:45	Item + portion Smoked chicken, raw broccoli, bell peppers, cucumber, chickpeas, cucumber & guacamole	Item + portion	Item + portion	Item + portion	Item + portion
	Money: R57					
DINNER	Time: 22:00	Item + portion Chicken breasts	Item + portion	Item + portion	Item + portion	Item + portion
	Money: Unknown					
DRINKS	½ cups of decaf coffee (6:30, 9:30, 22:00)					
SNACKS	Almonds & Cashew nuts	Cheese samoosas				



After

DAY: Friday			DATE: 21 July 2017			
BREAKFAST	Time: 9:45	Item + portion 50g oats & cinnamon	Item + portion 4 Kiwi Fruits	Item + portion	Item + portion	Item + portion
	Money: Unknown					
LUNCH	Time:	Item + portion	Item + portion	Item + portion	Item + portion	Item + portion
	Money:					
DINNER	Time:	Item + portion	Item + portion	Item + portion	Item + portion	Item + portion
	Money:					
DRINKS	Coffee (6:00, 8:00, 10:30)					
SNACKS						



After

DAY: Saturday			DATE: 22 July 2017			
BREAKFAST	Time: 10:00	Item + portion Ham & Cheese Omelette, slice of rye bread (toasted)	Item + portion	Item + portion	Item + portion	Item + portion
	Money: R70					
LUNCH	Time:	Item + portion	Item + portion	Item + portion	Item + portion	Item + portion
	Money:					
DINNER	Time: 18:30	Item + portion Boerewors, chicken, pork ribs & baked beans	Item + portion	Item + portion	Item + portion	Item + portion
	Money: Unknown					
DRINKS	Decaf coffee (3 cups)	Horlicks (1 cup)	Whiskey & water (3)			
SNACKS						



After

DAY: Sunday			DATE: 23 July 2017			
BREAKFAST	Time:	Item + portion	Item + portion	Item + portion	Item + portion	Item + portion
	Money:					
LUNCH	Time: 14:00	Item + portion Boerewors roll	Item + portion	Item + portion	Item + portion	Item + portion
	Money: Unknown					
DINNER	Time: 19:00	Item + portion Chicken, sweet potato, bean salad, broccoli	Item + portion	Item + portion	Item + portion	Item + portion
	Money: Unknown					
DRINKS	4 cups decaf coffee	2 cups horlicks				
SNACKS						



After

DAY: Monday			DATE: 24 July 2017			
BREAKFAST	Time:	Item + portion	Item + portion	Item + portion	Item + portion	Item + portion
	Money:					
LUNCH	Time: 13:45	Item + portion Smoked chicken, chickpeas, feta cheese, guacamole, raw broccoli	Item + portion Kidney beans, bell peppers, cucumber	Item + portion	Item + portion	Item + portion
	Money: R55					
DINNER	Time: 19:30	Item + portion Homemade stirfry	Item + portion	Item + portion	Item + portion	Item + portion
	Money: Unknown					
DRINKS	4 cups of decaf coffee					
SNACKS	1 chocolate sugar-free wafer	1 small-medium banana	100g macadamia nuts			



After

DAY: Tuesday			DATE: 25 July 2017			
BREAKFAST	Time: 9:30	Item + portion Oats, cinnamon & strawberries	Item + portion	Item + portion	Item + portion	Item + portion
	Money: Unknown					
LUNCH	Time: 15:00	Item + portion Chicken, chickpeas, white cheddar & cucumber	Item + portion Rye crackerbread & cottage cheese & guacamole	Item + portion	Item + portion	Item + portion
	Money: R40					
DINNER	Time: 19:30	Item + portion Chicken stir fry	Item + portion	Item + portion	Item + portion	Item + portion
	Money: Unknown					
DRINKS	4 cups decaf coffee					
SNACKS	100g almonds	Crackerbread & cottage cheese				



After

DAY: Wednesday			DATE: 26 July 2017			
BREAKFAST	Time: 10:30	Item + portion 2 crackerbread (rye) + cottage cheese	Item + portion	Item + portion	Item + portion	Item + portion
	Money: Unknown					
LUNCH	Time: 14:30	Item + portion Beef stew & sweet potato	Item + portion	Item + portion	Item + portion	Item + portion
	Money: R43					
DINNER	Time: 19:30	Item + portion Double cream yoghurt (+/- 100ml)	Item + portion	Item + portion	Item + portion	Item + portion
	Money: Unknown					
DRINKS	4 cups of decaf coffee					
SNACKS	+/- 20 almonds					



After

DAY: Thursday			DATE: 27 July 2017			
BREAKFAST	Time: 11:00	Item + portion Scrambled egg, chicken livers & back bacon	Item + portion	Item + portion	Item + portion	Item + portion
	Money: R34					
LUNCH	Time: 16:00	Item + portion Steak roti	Item + portion	Item + portion	Item + portion	Item + portion
	Money: Unknown					
DINNER	Time: 19:45	Item + portion Chicken, sweet potato, butternut, brown rice	Item + portion	Item + portion	Item + portion	Item + portion
	Money: Unknown					
DRINKS	3 cups of decaf coffee					
SNACKS	Macadamia nuts	Yoghurt & muesli				



After

DAY: Friday			DATE: 28 July 2017			
BREAKFAST	Time: 12:15	Item + portion Muesli & plain yoghurt	Item + portion	Item + portion	Item + portion	Item + portion
	Money: R15					
LUNCH	Time: 13:45	Item + portion Vanilla wafers & coffee (sugar free)	Item + portion	Item + portion	Item + portion	Item + portion
	Money: R34					
DINNER	Time: 20:30	Item + portion Chicken thigh, butternut & sweet potato	Item + portion	Item + portion	Item + portion	Item + portion
	Money: Unknown					
DRINKS	4 cups of decaf coffee	Whiskey & water (1)				
SNACKS	Almonds					



After

DAY: Saturday			DATE: 29 July 2017			
BREAKFAST	Time:	Item + portion	Item + portion	Item + portion	Item + portion	Item + portion
	Money:					
LUNCH	Time: 14:30	Item + portion 2 KFC wings and a few potato chips	Item + portion	Item + portion	Item + portion	Item + portion
	Money: R180 (family meal)					
DINNER	Time: 19:30	Item + portion 3 eggs, back bacon, pork sausage, mushrooms, onion, mince	Item + portion	Item + portion	Item + portion	Item + portion
	Money: Unknown					
DRINKS	4 cups of decaf	750ml water				
SNACKS	2 sugar free vanilla wafers					



After

DAY: Sunday			DATE: 30 July 2017			
BREAKFAST	Time:	Item + portion	Item + portion	Item + portion	Item + portion	Item + portion
	Money:					
LUNCH	Time: 17:30	Item + portion Pepper steak pie	Item + portion	Item + portion	Item + portion	Item + portion
	Money: R20					
DINNER	Time:	Item + portion	Item + portion	Item + portion	Item + portion	Item + portion
	Money:					
DRINKS	3 cups decaf coffee	1 litre water				
SNACKS	4 rice cakes + peanut butter	5 sugar free vanilla wafers				

