

protein	3	20	100	55		15			193				
calories	100	550	900	750	60	150			2510				
	09:00	10:30	12:00	12 and 1600 split	14:00	18:00	21:00						
Day 16	bran flakes and milk	tea	tea	pork stir fry with noodles and mousse	shake	tea	some ice cream						
protein	21	5	5	70	75	5	5		186				
calories	400	100	100	1100	700	100	200		2700				
	09:00	11:00	14:00	18:00	21:00								
Day 17 workout day met con and 2 hour dog walk	tea toast mousse	shake throughout morning.	ham, brownie and chicken thing	tea and mousse	pork stirfry								
protein	10	65	35	5	60				175				
calories	400	500	600	200	700				2400				
	06:30	08:30	10:30	12:30	16:00	18:00 onwards	19:30						
Day 18	tea	bran flakes and milk and mousse	tea	scrambled eggs on toast	beetroot and salad cream and some ben and j	shake	rob bday cake small slice						
protein	5	26	5	40	5	78	5		164				
calories	100	500	100	700	300	800	200		2700				
	07:30	11:00	15:00	16:00	21:00								
Day 19 workout weights and rideout	tea and toast	tuna sarnie and tea	tea	tuna steak and toast with spinach	steak tuna steak and egg and veg							91.2	13
protein	10	55	5	55	110				235				
calories	300	570	100	400	900				2270				
	08:30	13:00	18:00	20:00 - 22:00	23:00	12:00							
Day 20 90 min dog walk	branflakes and tea	brownies	shake	beer and bourbon	morrocan chicken	ice cream							
protein	35		95		57	5			192				
calories	500	570	650	600	350	200			2870				

		09:00 throughout mornng												
	05:30		13:30	15:00	17:00	18:00	21:00							
Day 45 workout cardio	coffee	shake	tea	coffee	chicken and spinach	mousse	big ole bowl of bran flakes							
protein	5	100	5	5	100		29				244			
calories	200	850	100	100	450	100	500				2300			
	07:30	10:30	12:00	13:30	14:30	17:00	20:30	21:30						
Day 46	coffee	tea	tea	chicken rice and veg	coffee	tea	steak eggs and veg	shake and mousse						
protein	5	5	2	50	5	2	60	45			174			
calories	200	100	50	500	100	50	750	450			2200			
	05:20	09:00	11:00	13:30	15:00	15:00 throughout day	17:45	21:00						
Day 47 workout weights	coffee	tea	scrambled eggs on toast	mousse and slurp of milk	tea	shake	coffee	steak eggs and veg				88	11.4	
protein	5	5	40	5	5	108	5	55			228			
calories	200	100	650	150	100	900	100	700			2900			
	08:00	10:00	12:00	15:00	15:30	16:00	17:30	20:00	22:30					
Day 48	coffee	bran flakes	coffee	tea	haddock	coffee	toast and shake	pulled pork burger and chips. Drinks	tea					
protein	5	23	1	5	30	5	35	70	5		179			
calories	200	300	100	100	500	100	425	1200	100		3025			
	08:00	10:00 - 12:00 riding	13:00	14:00	16:00	16:30	19:30	21:00						
Day 49. bike ride	tea and toast	ham and a nutella pot	tea	ham and a nutella crepe	coffee	haddock	chicken and quinoa	buttermilk				88.1 good news, thought it may have gone up After Saturday night	ran out of time for BF this morning...busy morning indeed.	
protein	10	30	2	32	5	30	55	15			179			
calories	300	400	100	260	100	500	380	150			2190			

Day 55	tea and toast	milk and brownie	te and brownie thing	plaice goujons and chips pub lunch plus beer	tea and smarties	drinks and snacks leaving do								
protein	10	50	5	30	3	20							118	
calories	300	770	250	800	300	1200							3620	
	10:00	11:00	12:00 to 16:00	18:30	throughout day									
Day 56	coffee	scrambled eggs on toast	tea and coffee x3 and some crisps	toast	mega shake									
protein	5	30	10	5	150								200	
calories	200	650	350	200	1100								2500	
week 9. last week	07:00	09:00	11:30	15:00	17:00	17:30	22:00	23:00						
Day 57	coffee	coffee and french bread	steak and egg. tea.	coffee	shake	chicken and veg	tuna steaks and veg	shake						
protein	5	7	60	5	30	50	90	30					277	87.9
calories	100	350	450	100	250	350	450	200					2250	11
	08:30	10:00	11:00	11:40	15:30	17:30	21:00	22:30						
Day 58	coffee	steak and eggs	tea	tea and chicken	tea and chicken	chicken	tuna steaks and veg	chicken						
protein	5	62	3	28	50	25	90	25					288	
calories	100	650	80	230	350	200	350	150					2110	
	06:30	10:00	11:30	14:00	rest fo the day									
Day 59. phot shoot workout	eggs	banana and chocolate baguette :) skittles and wispers	photo shoot	mocha and chocolate shake	everything tasty in sight and so much water									84.7!
protein	30	haha											30	
calories	350	haha											350	
														05.0111.18 p.m. 89.8 post holiday

This image shows a grid table with 20 columns and 30 rows. The 11th column and the last two columns (19th and 20th) are shaded gray, while the remaining 9 columns are white.



