

Date & Time	Where I ate	What I ate	Where I bought it	Where from in the world	How I felt
Fri, 11/3/16 8 AM	@home.	Fried <del>potatoes</del> taters & runny eggs tea	Sains, Costco, garden →	?	good - soul food
F 11/3 2 pm	@home	white/wheat wrap (plain)	Sains.	.	good - busy
F 11/3 6 pm	@ in-laws	Chinese take away	take away joint	?	happy - w/ fam.
F 11/3 <del>8</del> 9 pm	(sofa) @home	Cup of tea & 3 biscuits.	Sains		content, chilled
Sa 12/3 8:15 AM	@home	PB toast & tea	"		in a hurry.
Sa 12/3 1 pm	Waganama	Chicken Ramen	waganama		happy.
Sa 12/3 6 pm	home	left over chinese	↑		exhausted - long day!
Su 13/3 9 AM	home	sourdough PB <del>toast</del> toast and tea	Biton Shahin Costco, Sains		content
Su 13/3 1 pm	home	hummous & veg w/ baguette blueberry muffin	Sains & homenale		good, but need to do fence.
Su 13/3 6 pm	home	spaghetti & meatballs	Sains		<del>good</del> good but thinking about work.
M 14/3		FAST DAY			
T 15/3 6:15	car	PB toast	Sains		slight stress
T 15/3 12:00	desk	left over spag + meat balls grapes & carrots.	Sains		ok.
W 16/3 6:15	car	PB toast	Sains		slight stress
W 16/3 12:15	desk	ham & lettuce wrap banana, cheese stick	Sains		ok

PTD

see prev.

Linkwork - Day 4

Personal Food Design

Date & Time	Where I ate	What I ate	Where I bought it	Where from in the world	How I felt
W 16/3 7:00	home	Chicken Breast w/ salad tea	Booles Sains		tried, loved
TH 17/3 6:15	work	burrito (Fast day) tea			
TH 17/3 12:00	desk	tea			
TH 17/3 6:30	Pizza Hut	pizza w/ sides - Rosalynd's birthday	Pizza Hut		good find
F 18/3 6:15	car	PB toast & tea	Sains		ok <del>as</del> TGIIF
F 18/3 12:15	desk	left over spurs & meatballs grapes	"		buug.
F 18/3 6:45	sofa	left over pizza (no kids!)	↑		enjoyed, enjoying quiet time.