Eating diary

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| Wednesday | Thursday | Friday |
| ***Breakfast****:**Black coffee;**sugar-free cereal and yoghurt (small bowl)* | *Feel good. Hopeful* | ***Breakfast****:**Black coffee;**sugar-free cereal and yoghurt (small bowl)* | *Feel good. Hopeful* | *Nothing* | Determined to starve. Don’t let food figure in my life |
| ***Mid-morning :*** *black coffee* |  | ***Mid-morning :*** *black coffee* |  | ***Mid-morning :*** *black coffee* |  |
| ***Lunch****: Salad wrap and banana* *Chewing gum (Pack)**Diet coke* | *Feel good. Hopeful* | ***Lunch****: Jacket potato with cheese* | *Still hungry but hold back – going to be in control* | *Nothing* |  |
| ***Mid-afternoon****: Herbal tea and sugar free flapjack* |  | ***Mid-afternoon:*** *small chocolate bar…biscuits….* | *All gone wrong.**I’ve blown it, out of control, what the hell?* *Shame! Shame! Shame!* | ***Mid-afternoon:*** *packet of mints* | Hungry – couldn’t stop.Stupid – what’s the point? |
| ***Supper:****Large mixed salad with avocado, goat cheese, walnuts and one slice of bread**I glass wine* | *Very pleased with myself.**Feel in control.**This is good.* *Fresh start.* | ***Supper****:**Biscuits, bread and jam, cereal…whatever carbs I can lay my hands on.**Rest of wine.* | *Can’t remember what I ate: feeling wretched. Don’t want to think.*  | ***Supper****:**??? bread rolls, cheese, biscuits, ???**A lot!* | Can’t remember – just ate a lot.Failure – no point in fighting it. |