Eating diary

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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. |