

Food, drink and Insulin Diary

Body mass index (BMI) = 27.7

OVERWEIGHT - Healthy weight range for this height:

9st 7lb - 12st 12lb

Date/Time	Meal or Snack (please state which)	Food and Drink	Amount	Novo Rapid (units)	Lantus (units)	Time	Reading	Blood Pressure
Example	e.g. Breakfast	White toast Raspberry jam and butter Weetabix Full cream milk Tea with sugar and full cream milk	2 thick slices 2 teaspoons 2 biscuits 150 mls 2 mugs					
Sunday 21/2/16 10:30	Breakfast	Bacon Egg Brown Toast Glass of water	2 rashers 2 slices	42		9.33	7.6	
13:30	Lunch	Cup of tea	Skimmed milk no sugar	18		13.00	9.5	
20:00	Dinner	Steak and salad	Fillet steak 8 oz grilled Salad cream	24	60			
Monday 22/2/16 10.10	Breakfast	Brown toast Scrambled egg Cup of tea Glass of water	1 dry 1 egg and milk Skimmed milk no sugar	30				
13:00	Lunch			18		13.00	9.5	
20:55	Dinner	Cheese Salad	Brie and Goats cheese in breadcrumbs grilled Salad cream Chilli sauce	24	60	20.52	6.0	
Tuesday 23/2/16 10.40	Breakfast	Brown toast Scrambled egg Cup of tea Glass of water	1 dry 1 egg and milk Skimmed milk no sugar	32		10.35	8.7	
13:00	Lunch	Cup of tea	Skimmed milk no					

Food, drink and Insulin Diary

		sugar					
20:00	Dinner	Braised beef	3 oz	24	60		
		Carrots	1oz				
		Potato	8 new				
		Tinned rice					
		pudding					
Wednesday 24/2/16	Breakfast			30		02.44	12.9
08:00							
13:45	Brunch	Brown toast	1 dry	36		13.44	6.8
		Scrambled egg	2 egg and milk				
			Skimmed milk no sugar				
		Cup of tea					
		Glass of water					
17:00	Snack	Bag of crisps					
21:30	Dinner	Sea Bream	1	42	60	21.32	9.9
		Bread and butter	3 slices				
Thursday 25/2/16	Breakfast	Brown toast	2 buttered	24		01.18	4.7
09:15		Scrambled egg	3 egg and milk				
		tomatoes					
		Cup of tea	Skimmed milk no				
		Glass of water	sugar				
	Lunch					12.14	7.0
						17.00	6.3
19:30	Dinner	Fillet Steak	6 oz	24	60	19.15	5.9
		Salad				21.33	6.2
		New potatoes	4 small			23.40	6.3
Friday 26/2/16 09.45	Breakfast	Brown toast	2 buttered	24		01.54	5.5
		Scrambled egg	2 egg and milk				
		Cup of tea					
		Glass of water	Skimmed milk no				
			sugar				
12:32	Lunch					12.32	7.4
						16.46	6.7

Food, drink and Insulin Diary

20:00	Dinner	Mussels in white wine		24	60	18.23	6.4
		1 slice bread				20.09	5.8
Saturday 27/2/16 09.45	Breakfast	Brown toast	2 buttered	24		00.07	4.4
		Scrambled egg	2 egg and milk				
		Cup of tea	Skimmed milk no				
		Glass of water	sugar				
	Lunch					13.32	6.5
						15.50	6.3
	Dinner	Prawns and		42	60	18.18	4.5
		Avocado pear				20.25	12.2
		seafood					
		dressing					
Sunday 28/2/16	Brunch	Bacon		18		00.02	3.1
		Egg				01.55	3.6
		Brown Toast	2 slices dry				
		Glass of water		18		11.45	11.2
	Lunch						
						15.55	4.1
	Dinner	Melon and	½ melon	24	60	19.27	8.5
		Parma ham				20.25	5.3
Monday 29/2/16	Breakfast					01.13	4.7
		Brown toast	2 buttered				
		Scrambled egg	2 egg and milk	24		10.24	6.1
		Cup of tea	Skimmed milk no				
		Glass of water	sugar				
	Lunch					13:56	7.0
						17.58	6.0
	Dinner	Jacket Potato	Large	24	60	19.37	5.5
		Bacon &					
		Tomato					
		Topping					
Tuesday 1/3/16	Breakfast	Ginger biscuits	2			23.58	3.8
		Brown toast	2 slices with butter	18		09.51	4.7
		Fruit yoghurt					
		Cup of tea	Skimmed milk no				
		Glass of water	sugar				
	Lunch					12.40	5.6
						16.41	6.0
	Dinner	Melon and	½ melon	24	50	19.41	4.9
		Parma ham				23.51	5.0

Food, drink and Insulin Diary

Wednesday 2/3/16	Breakfast	Fruit yoghurt		0	10.48	3.7
	Lunch			0	13.28 16.52	6.4 5.4
	Dinner	Boiled ham salad		0	30 20.03 21.17 23.19	5.5 5.7 5.6
Thursday 3/3/16	Breakfast	carrots	3 small	0	00.49 09.09	5.8 7.1
	Lunch				13.52 16.52	6.5 7.6
	Dinner	Fish: sole		0	30 19.06	5.6
Friday 4/3/16	Breakfast			0	00.13 09.59	5.8 5.0
	Lunch	Stir Fry Vegetables			12.33	7.0
	Dinner	Boiled ham and salad		0	30 17.42 23.18	6.7 5.9
Saturday 5/3/16	Breakfast					
	Lunch	Stir fry vegetables		0	11.06	6.4
	Dinner	Fillet Steak and salad	6 oz		16.26 23.23	6.0 6.3

Food, drink and Insulin Diary

Sunday 6/3/16	Breakfast	Stir fry vegetable omelette		0		10:39	5.8
	Lunch					13.45	7.5
	Dinner	Roast chicken breast, boiled leeks and carrots		0	30	17.17	6.3
						20.43	5.3
Monday 7/3/16				0		00.35	6.4
	Breakfast	Celery	2 sticks			08.33	7.4
						10.39	7.2
	Lunch	Cold chicken wings	X 2			14.44	6.8
	Dinner	Melon and Parma ham	½ melon	0	30	18.46	6.4
						22.04	5.8
						23.47	5.9
Tuesday 8/3/16		Beetroot and celery	X 2			08.18	6.4
	Breakfast		X 2 sticks			11.23	7.8
	Lunch					15.26	6.4
	Dinner	Melon and Parma ham	½ melon	0	27	19.01	7.4
						00.00	5.6
		Carrots & Radishes	Small quantity				
Wednesday 9/3/16		Scrambled egg and green salad	2 eggs	0		08.10	7.1
	Breakfast						
	Lunch					13.31	5.8
	Dinner	Fillet steak and salad later	6 oz steak	0	30	18.36	6.8
		Soft cheese & celery				00.43	5.0
Thursday 10/3/16				0		08.09	5.7
	Breakfast						

Food, drink and Insulin Diary

	Lunch	Stir fry vegetables				13.08	6.8
	Dinner	Bacon and eggs later Soft cheese with celery	2	0	30	17.47 21.01 23.39	6.5 4.9 4.8
Friday 11/3/16	Breakfast			0		09.39	6.7
	Lunch	Stir fry Vegetables				13.35	7.3
	Dinner	Vegetable omelette Later Soft cheese & celery	3 eggs	0	30	18.23 19.33	5.5 5.5
Saturday 12/3/16	Breakfast	Scrambled egg	2 eggs	0		00.43 11.27	5.2 6.3
	Lunch					14.45	7.0
	Dinner	Melon and Parma ham Later Salmon Pate with salad		0	30	18.17 00.06	4.7 5.5
Sunday 13/3/16	Breakfast			0		10.23	6.8
	Lunch	Mushroom soup				15.30	7.1
	Dinner	Mushroom soup Boiled ham and salad		0	30	18.10 19.17 21.13	6.7 6.7 5.6
Monday 14/3/16	Breakfast	Stir Fry Vegetables		0		08.22	7.0
	Lunch	Tomato soup				12.57	7.2

Food, drink and Insulin Diary

	Dinner	Tomato soup	0	30	17.27	6.4
		Melon and			19.26	5.7
		Palma ham			22.49	6.9
Tuesday 15/3/16	Breakfast	Melon and Palma ham	0		08.11	6.9
	Lunch	Vegetable soup			12.27	6.8
	Dinner	Vegetable soup	0	30	18.29	7.6
		Soft cheese and celery			23.42	5.6
Wednesday 16/3/16	Breakfast	Stir Fry Vegetables	0		08.42	6.9
	Lunch	Vegetable soup			13.37	7.3
	Dinner	Baked cheese and crudités	0	30	18.20	6.0
		Later Celery and cheese			00.04	5.7
Thursday 17/3/16	Breakfast	Ham ommlette 2 eggs	0		08.15	7.2
	Lunch	Stir fry Vegatbles			14.10	6.4
	Dinner	Siloin salad and steak	0	30	20.31	5.4
		Later Soft cheese and celery			00.08	4.8
Friday 18/3/16	Breakfast	Tomato and blue cheese	0		08.52	6.3
	Lunch	Mushroom soup			13.29	5.7
	Dinner	Melon and Palma Ham	0	0	17.46	5.3
					20.13	4.9
					21.42	6.6
					23.07	5.7

Food, drink and Insulin Diary

Saturday 19/3/16	Breakfast	Mushroom soup then Soft Cheese and celery	0		09.37	6.5
	Lunch				12.42	8.0
					15.48	6.3
	Dinner	Baked camembert and Crudités	0	0	18.18	6.1
					20.41	5.1
					23.51	5.9
Sunday 20/3/16	Breakfast	Stir fry vegetables	0		09.22	7.2
	Lunch	Tomato soup			15.00	7.0
	Dinner	Melon and Palma Ham	0	0	18.09	6.3
		Later Celery and soft cheese			00.39	5.9
	Breakfast	Home made Tomato soup	0		08.32	7.5
	Lunch	Tomato soup			12.32	7.7
					14.52	6.5
	Dinner	Tomato soup	0	0	18.40	6.5
		Later baked camembert and crudités			22.14	6.4
Tuesday 22/3/16	Breakfast	Vegetable omelette			8.41	8.2
			18		11.30	8.3
	Lunch	Tomato Soup			14:40	4.8
		Cheese & Tomato salad				
	Dinner				19.20	5.7
		Roast lamb and vegetables		18	23.10	7.4
Wednesday 23/3/16	Breakfast	Scrambled egg			08.02	8.4

Food, drink and Insulin Diary

	Lunch	Tomato and mozzarella Chicken pasta				
	Dinner	Vegetable omelette	18	12	20.48 23.01 00.20	9.3 4.8 3.9
Thursday 24/3/16	Breakfast	Scrambled egg	0		07.58 11.47	6.2 7.5
	Lunch	Celery and soft cheese			14.09	6.9
	Dinner	Fillet steak with salad	0	30	19.51 23.54	6.3 5.6
Friday 25/3/16	Breakfast	Stir fry vegetables			12.06	6.1
	Lunch	Mushroom soup			14.33	8.2
	Dinner	Baked camembert, raw celery & carrot			17.27 18.45	6.5 6.0
		Then Celery and cream cheese			23.16	5.9
Saturday 26/3/16	Breakfast	Mushroom soup	0		10.21	6.9
	Lunch	Mushroom soup			12.33 13.47	7.3 6.7
		Celery and cheese				
	Dinner	Melon and Palma Ham Later Tomato and cheese salad	0	30	18.13 23.45	6.7 5.6
Sunday 27/3/16	Breakfast	Mushroom soup	0		10.36	5.5

Food, drink and Insulin Diary

	Lunch				13.11	7.1
					16.46	6.3
	Dinner	Roasted vegetables	0	30	19.49	7.2
					22.20	4.8
Monday 28/3/16	Breakfast	Scrambled egg 2	0		08.58	4.9
					11.43	6.5
	Lunch				13.53	5.9
	Dinner	Stir fried vegetable Cheese & celery	0	30	17.38	5.9
					22.40	5.6
Tuesday 29/3/16	Breakfast	Szlice bacon & l pork sausage	0		07.25	6.3
					11.28	6.4
	Lunch				14.17	6.8
	Dinner	Roast lamb and roasted vegetables Plus Celery and soft cheese	0	30	18.13	5.5
					22.57	5.5
Wednesday 30/3/16	Breakfast	Stir fry vegetables	0		08.55	6.4
	Lunch				12.02	7.8
		Mozzarella and tomato salad			15.54	6.1
	Dinner	Fillet steak and vegetables Late Salmon and creamed cheese	0	30	20.20	6.4
					23.07	6.2
Thursday 31/3/16	Breakfast	Omelette with spring onions	0		08.21	6.9
	Lunch	Clod bacon (1) sausages (2)			12.25	7.4
					14.53	6.6

Food, drink and Insulin Diary

	Dinner	Salmon mouse & celery	0	30	18.10	6.3
					20.01	5.8
					23.19	5.8
Friday 1/4/16	Breakfast	Stir fry vegetables	0		08.42	6.2
	Lunch	Salmon moose & celery			13.43	6.5
	Dinner	Melon and Palma Ham	0	30	17.29	6.6
		Later			19.07	6.7
		Tomato salad, Mozzarella and olives			23.42	5.4
Saturday 2/4/16	Breakfast	Stir fry vegetables	0		11.03	7.5
	Lunch				13.49	7.5
		Melon				
	Dinner	Sirloin Steak and salad			19.03	9.4
		Later: Goats Cheese and biscuits	24	35	22.28	3.8
					01.09	4.9
Sunday 3/4/16	Breakfast	Bacon, black pudding, grilled tomato	0		10.12	6.0
	Lunch				13.32	6.8
	Dinner	Melon and Palma Ham	0	0	16.09	6.4
		Later			19.04	5.0
		Tomato and cheese salad			23.54	5.7
Monday 4/4/16	Breakfast	omlette	0		08.25	6.5
					09.51	7.2
	Lunch				13.56	7.4
	Dinner		0	20		
		Baked camembert + celery			23.20	6.7
					00.48	6.8

Food, drink and Insulin Diary

Tuesday 5/4/16	Breakfast		0			
	Lunch	Mushroom soup			12.23	6.3
					15.02	8.0
					16.46	7.2
	Dinner	Palma ham and melon	0	30	19.15	6.7
		later			22.57	6.5
		Celery and cheese				
Wednesday 6/4/16	Breakfast	Stir fry vegetables	0		06.44	7.0
	Lunch				12.08	8.8
	Dinner	Home made mushroom soup	0	30	19.06	5.7
					00.18	5.3
Thursday 7/4/16	Breakfast	Blood Test 09.20	0		08.21	5.2
		Stir Fry Vegetables			10.00	4.9
	Lunch				13.27	7.0
					17.38	5.8
	Dinner	Backed camembert and celery	0	30	21.16	5.2
		Fresh fruit			00.07	5.5
Friday 8/4/16	Breakfast	Boots slender shake meal replacement drink	0		09.22	6.0
	Lunch				12.57	7.4
					16.39	6.0
	Dinner	Tomato and Mozzarella salad	0	0	22.04	6.6
					00.16	5.6
Saturday 9/4/16	Breakfast	Boots slender shake meal replacement drink	0		09.02	5.7

Food, drink and Insulin Diary

	Lunch				12.56	7.4
	Dinner	Roast beef, roasted and boiled vegetables	0	30	17.20 18.02 21.00 01.20	6.4 6.0 7.4 5.7
Sunday 10/4/16	Breakfast	Boots slender shake meal replacement drink	0		11.23	7.5
	Lunch				13.46	9.4
					16.49	7.6
	Dinner	Cold meat and stir fry vegetables	0	30	19.28 00.15	5.8 5.3
Monday 11/4/16	Breakfast	Scramble egg	0		09.27	6.9
	Lunch				14.45	7.9
	Dinner	Parma Ham and melon Then Tomato and mozzarella salad	0	30	18.41 23.30	7.3 5.2
Tuesday 12/4/16	Breakfast	Stir fry vegetables	Forgot morning meds; taken evening instead	0	07.21	6.1
	Lunch					
	Dinner	Baked Camembert, raw celery and carrots	0	30	19.25 23.34	6.9 5.6
Wednesday 13/4/16	Breakfast					
	Lunch	Stir fry vegeatbles	0		12.52	4.9

Food, drink and Insulin Diary

	Dinner	Salmon, cream cheese & raw vegetables		17.05	6.5
				23.29	6.1
Thursday 14/4/16	Breakfast		0	07.40	6.3
	Lunch	Tomato salad and goats cheese		13.31	5.8
				16.57	6.3
	Dinner	Fried vegetables	30	19.17	6.5
				23.31	5.5
Friday 15/4/16	Breakfast	Mushroom omelette	0	11.45	5.3
	Lunch	Tomato and goats cheese salad		15.46	6.4
	Dinner	Fillet steak and salad	30	19.20	6.0
		Strawberries and raspberries		00.44	5.4
Saturday 16/4/16	Breakfast	Stir fry vegetables	0	09.50	6.1
	Lunch			13.52	6.7
	Dinner	Melon with Palma Ham	0 30	17.39	5.9
				19.52	5.2
				00.23	5.9
Sunday 17/4/16	Breakfast	Forgot to take tablets	0		
	Lunch	Scrambled egg and gilled bacon		11.12	6.0
	Dinner	Steamed and roasted vegetables	0 30	18.23	6.2
				19.37	7.2
				01.36	5.0
Monday 18/4/16	Breakfast	Reheated Steamed and roasted	0	10.44	4.7

Food, drink and Insulin Diary

vegetables							
Lunch							
Tuesday 19/4/16	Dinner	Fillet steak and salad	Forgot Lantus insulin	0	0	19.22	5.3
						23.33	5.2
	Breakfast	Stir Fry Vegetables		0		09.38	6.3
	Lunch					14.14	6.0
	Dinner	Fillet steak, salad and vegetables		0	30	18.23	5.0
Wednesday 20/4/16						22.22	7.1
						00.34	7.3
	Breakfast	Black pudding and bacon		0		9.28	7.2
	Lunch	Tomato, Goats cheese & olive salad				14.55	6.4
	Dinner	Fried vegetables		0	30	18.37	6.8
Thursday 21/4/16						01.01	6.6
	Breakfast			0		08.05	5.5
	Lunch	Tomato and goats cheese salad				13.26	7.2
	Dinner	Melon and Palma ham		0	30	18.00	5.7
		Later Celery and Goats cheese				19.07	6.0
Friday 22/4/16						23.54	5.7
	Breakfast			0		10.00	6.9
		Stir fry vegetables					
	Lunch					13.50	8.1
						15.08	6.0

Food, drink and Insulin Diary

	Dinner	Palma Ham and melon	0	30	19.05	7.1
		Later Soft cheese, salmon and Celery			23.19	4.8
Saturday 23/4/16	Breakfast	cheese, salmon and Celery	0		08.45	6.00
	Lunch	Chicken and salad		Lunch out!		
	Dinner	Soft cheese, salmon and	0	30	18.36	6.4
					00.22	6.5
Sunday 24/4/16	Breakfast	Tomato and cheese salad	0		07.32	5.9
	Lunch				13.44	6.4
	Dinner	Steak and salad	0	30	17.44	5.5
					22.19	5.8
Monday 25/4/16	Breakfast	Cold meat and cheese	0		08.52	4.6
	Lunch					
	Dinner	Baked cod and vegetables	0	30	18.04	6.3
					19.58	6.0
					00.39	5.4
Tuesday 26/4/16	Breakfast		0		08.55	5.2
	Lunch	Steak, salad and fresh veg			12.57	5.6
	Dinner		0	0	17.12	5.5
					19.00	5.2
Wednesday 27/4/16	Breakfast		0		09.02	4.6

Food, drink and Insulin Diary

	Lunch	salad			14.06	5.7
	Dinner	Goats cheese and salad	0	30	17.47	7.1
		Steak and salad			23.47	8.2
Thursday 28/4/16	Breakfast		0		10.57	6.6
	Lunch	Cesar salad			14.22	6.7
	Dinner	Cheese and celery	0	20	17.38	6.3
					20.30	5.7
					23.10	4.9
Friday 29/4/16	Breakfast		0		10.38	6.0
	Lunch				12.34	6.4
	Dinner	Whitebait	0	20	19.03	5.2
		Steak and salad			23.25	6.7
Saturday 30/4/16	Breakfast		0	0	10.33	7.7
	Lunch	Fish starter			13.51	6.9
		Hake and Veg				
	Dinner	Cheese, celery and carrot	0	20	18.53	5.8
					22.51	4.7
Sunday 1/5/16	Breakfast		0		08.57	5.1
					11.56	5.7
	Lunch	Seafood starter			16.18	6.9
		Roast beef, veg, salad				
	Dinner	Cheese and celery	0	20	19.54	5.8
					23.43	6.2
Monday 2/5/16	Breakfast				08.50	5.9
					10.07	6.8

Food, drink and Insulin Diary

	Lunch	salad					
	Dinner	Asparagus and Egg			21.31	6.8	
		Steak and salad			23.29	6.9	
Tuesday 3/5/16	Breakfast	Bacon and scrambled egg			10.20	7.2	
	Lunch				12.25	7.1	
	Dinner	Stuffed pepper Goats cheeps and veg	Forgot evening meds!				
Wednesday 4/5/16	Breakfast	Tomato and mozzarella cheese salad		0	20	09.42	8.0
	Lunch					13.31	6.6
	Dinner	Tomato and mozzarella cheese salad		0	20	17.06 18.45	5.4 5.1
		Caesar Salad					
Thursday 5/5/16	Breakfast	Scrambled egg		0		10.15	6.5
	Lunch						
	Dinner	Salmon and baked veg		0	20	17.20	6.7
						01.05	5.4
Friday 6/5/16	Breakfast	Stir fry veg	Found meds error – see notes. Only 2 x 500 mg Metformin this week	0		10.32	7.4
	Lunch						
	Dinner	Salmon and salad later		0	20	19.37	6.4
		Celery and goats cheese				00.09	5.8

Food, drink and Insulin Diary

Saturday 7/5/16	Breakfast	Stir fry vegetables	0		11.13	7.5
	Lunch	Tomato and mozzarella salad			15.51	6.2
	Dinner	Camembert baked in Palm ham with raw vegetables	0	20	18.49	6.3
Sunday 8/5/16	Breakfast	Egg and bacon			11.15	7.4
	Lunch	Tomato and blue cheese			16.03	6.5
	Dinner	Meat & tomato sauce and steamed vegetables	0	20	19.03	5.7
Monday 9/5/16		rhubarb			21.23	5.3
	Breakfast	Cheese omelette			00.49	5.4
	Lunch				10.53	6.4
Tuesday 10/5/16					14.13	6.0
	Dinner	Salad, salmon & cream cheese	0	20	18.42	5.4
					23.46	5.8
Wednesday 11/5/16	Breakfast	Stir fry vegetables			10.53	6.4
	Lunch				14.13	6.0
	Dinner	Salmon, salad & cream cheese	0	20	18.42	5.4
					23.46	5.8

Food, drink and Insulin Diary

	Lunch	Tomato and cheese salad				15.14	6.5
	Dinner	Melon and Palma ham		0	20	20.30	7.5
		Then cheese and vegetables				22.59	5.7
Thursday 12/5/16	Breakfast	Mushroom Omelette		0		08.42	6.6
	Lunch	Celery, carrot and cheese				12.10	5.8
						14.41	5.7
	Dinner	Boiled ham and salad	Forgot Lantus until after midnight	0	20	20.31	5.6
						00.50	6.4
Friday 13/5/16	Breakfast	Tomatoes		0		11.09	6.2
	Lunch						
	Dinner	Cold ham and salad	Only 2 Metformin a day	0	20	18.16	5.4
		Then Celery and cheese				23.18	5.8
Saturday 14/5/16	Breakfast	Stir fry vegetables				06.22	5.2
	Lunch						
						17.05	5.4
	Dinner	Bacon and scrambled egg		0	20	21.57	4.8
		Later Melon & Ham Cheese and celery				00.46	6.2
Sunday 15/5/16	Breakfast	Bacon, scrambled egg and tomato				10.21	6.1

Food, drink and Insulin Diary

	Lunch					13.39	5.9
	Dinner	Melon and Palma ham Later Goats cheese and carrots	Lantus down to 10 on low reading	0	10	22.56 1.07	5.5 5.4
Monday 16/5/16	Breakfast			0		11.53	5.3
	Lunch	Mushroom omelette				14.35 15.52	6.3 6.2
	Dinner	Stir fry vegetables Later Tomato and cheese salad	Lantus at 10 again	0	10	17.49 19.02 23.56	5.4 4.9 6.0
Tuesday 17/5/16	Breakfast			0		10.31	6.4
	Lunch	Tomato and cheese salad				13.06 15.13	6.6 6.8
	Dinner	Muscles starter Followed by Chicken and salad	Lantus at 10 again	0	10	19.05 22.12 01.02	5.2 5.4 6.9
Wednesday 18/5/16	Breakfast	Tomato soup		0		09.29	7.0
	Lunch					14.09	7.3
	Dinner	Grilled trout Later Salmon and creamed cheese	Lantus at 10 again	0	10	18.08 22.07 00.21	5.7 5.8 6.0
Thursday 19/5/16	Breakfast	Tomato soup		0		07.58	6.8

Food, drink and Insulin Diary

	Lunch	Salmon and creamed cheese				12.25	8.7
	Dinner	Melon and Palma Ham	Lantus at 10 again but sugar levels slightly higher? Related?	0	10	19.07	6.2
						23.32	6.5
Friday 20/5/16	Breakfast	Tomato soup		0		10.07	6.3
	Lunch	Salmon and creamed cheese				12.36	8.9
						13.48	7.5
	Dinner	Melon and Palma ham starter Then Baked cheese and salad	Lantus at 10 again but sugar levels peaked over 8 at lunch time	0	10	20.01	6.0
						23.58	6.7
Saturday 21/5/16	Breakfast	Mushroom Omelette	2 x 6 to bring back the numbers to normal	12		9.31	7.8
						10.59	6.7
	Lunch	Tomato and cheese salad				13.12	4.3
						14.19	4.7
						15.59	4.8
	Dinner	Tomato soup Steak and salad	Up Lantus to 15	0	15	18.34	4.9
						19.37	4.9
						21.53	4.9
						00.52	5.3
Sunday 22/5/16	Breakfast	Bacon and scrambled egg		0	0	11.35	6.2
	Lunch					15.12	6.9
	Dinner	Tomato soup Ham salad		0	15	18.07	7.0
						21.31	6.2
						00.16	5.9
Monday 23/5/16	Breakfast	Stir fry vegetables		0		09.43	7.5
	Lunch	Tomato, cheese and onion salad				14.31	5.5

Food, drink and Insulin Diary

	Dinner	ham salad	0	15	18.14 22.01 23.52	6.4 6.7 5.8
Tuesday 24/5/16	Breakfast	Scrambled egg	0		10.29	5.5
	Lunch	Tomato and cheese salad			13.21	7.5
	Dinner	Baked cheese and salad	0	15	18.22 23.53	5.4 6.8
Wednesday 25/5/16	Breakfast	Tomato and cheese salad	0		10.27	7.4
	Lunch				17.00	6.0
	Dinner	Asparagus Steak & salad Cheese and celery	0	15	21.44 23.46	7.1 6.6
Thursday 26/5/16	Breakfast	Mushroom omelette	0		07.56	6.5
	Lunch	Salmon & cream cheese with celery and Carrot raw			12.27 16.38	6.9 6.9
	Dinner	Salmon & cream cheese salad Strawberries and Raspberries Later Tomato and Goats cheese with olive salad			22.45 00.13	6.1 7.0
Friday 27/5/16	Breakfast	Mushroom Omelette	0		10.33	7.4
	Lunch	Tomato, cheese and olive salad				

Food, drink and Insulin Diary

	Dinner	Palma ham and melon Strawberries and Raspberries Later Cheese with aw carrots and celery	0	15	17.19	6.8
					23.57	5.6
Saturday 28/5/16	Breakfast		0		08.46	7.2
					11.47	6.9
	Lunch	Bacon and scrambled egg			15.15	6.5
	Dinner	Fillet steak and salad	0	15	20.18	5.6
					22.11	5.6
					00.29	5.2
Sunday 29/5/16	Breakfast	Bacon and scrambled egg	0		09.23	5.8
	Lunch					
	Dinner	Salmon, cream cheese & salad	0	15	18.50	7.0
					20.34	6.8
					22.46	6.0
Monday 30/5/16	Breakfast	Rasher of bacon	0		10.36	7.2
	Lunch	Tomato, salmon and cheese			13.46	7.4
	Dinner	Baked cheese & pork pate	0	15	20.48	5.8
					23.23	6.8
Tuesday 31/5/16	Breakfast		0		09.42	7.5
	Lunch				14.10	7.0
	Dinner	Celery and goats cheese Later Italian cold meats and	0	15	17.41	6.5

Food, drink and Insulin Diary

		salad			23.58	6.1
		Rhubarb				
Wednesday 1/6/16	Breakfast	Tomato and goats cheese salad			10.36	7.1
	Lunch				13.56	6.3
	Dinner	Salmon and cream cheese salad			21.17	7.0
		Strawberreis and Raspberries			22.56	6.3
		Later carrot and goats cheese			00.40	5.7
Thursday 2/6/16	Breakfast	Tomato and goats cheese salad	0		11.07	7.5
	Lunch				14.42	6.4
	Dinner	Salmon and cream cheese	0	15	17.34	5.5
					19.37	6.5
		Cold ham salad			23.50	6.7
		Pineapple and raspberries				
Friday 3/6/16	Breakfast	Mushroom omelette	0		09.49	6.4
	Lunch	Salmon and creamed cheese			12.32	6.9
					16.44	6.4
	Dinner	Cold ham salad	0	15	20.17	6.1
		Strawberries			21.16	5.7
		and raspberries			23.53	6.3
					00.30	6.2
Saturday 4/6/16	Breakfast		0		09.07	6.3
	Lunch	Stir fry vegetables			11.59	7.7
					12.01	7.5
					14.04	7.8

Food, drink and Insulin Diary

	Dinner	Palm ham and melon	0	15	17.11	6.0
		Stewed Rhubarb with ginger and lemon			19.11	6.0
					20.10	5.9
					23.35	6.2
Sunday 5/6/16	Breakfast	Bacon, black pudding and mushrooms	0		09.40	5.4
	Lunch	Tomato and goats cheese salad			12.49	7.1
	Dinner	Salmon, prawn and cream cheese	0	15	17.52	6.0
					18.49	5.6
					23.49	5.9
Monday 6/6/16	Breakfast	Mushroom omelette	0		10.24	6.0
	Lunch	Salmon, prawn and cream cheese			14.56	6.1
	Dinner	Italian cold meats and salad	0	15	17.21	6.2
		Fresh Pineapple and raspberries			19.29	5.7
					23.48	5.9
Tuesday 7/6/16	Breakfast	Stir fry vegetables	0		05.58	6.1
	Lunch	Cheese and carrot			13.54	6.4
					16.43	5.7
	Dinner	Palma ham and melon	0	15	21.58	6.8
		Fresh Pineapple and raspberries			23.58	7.2
Wednesday 8/6/16	Breakfast	Omelette with spring onion			08.29	5.5
	Lunch					
	Dinner	Salmon, cream cheese and salad			20.51	5.3
		Fresh			23.54	5.4

Food, drink and Insulin Diary

		Strawberries and Raspberries				
Thursday 9/6/16	Breakfast		0		08.27	5.1
	Lunch	Salmon, cream cheese and raw carrot			13.54	5.6
					17.12	5.0
	Dinner	Cold ham salad Fresh raspberries	0	15	22.45	6.1
					0.00	5.8
Friday 10/6/16	Breakfast	Tomato salad			07.05	6.0
					11.01	5.9
	Lunch				16.02	5.9
	Dinner	Cold meats and salad				
		Cheese and carrots			00.02	4.9
Saturday 11/6/16	Breakfast		0			
	Lunch	Mushroom omelette			13.16	4.9
					16.35	5.4
	Dinner	Cold meats and salad Stewed rhubarb	0	15	18.10 20.50 21.54 00.17 01.21	5.2 5.3 4.9 4.9 4.6
Sunday 12/6/16	Breakfast	Bacon black pudding and egg	0		10.06	4.6
	Lunch				12.40	6.6
					15.09	7.0

Food, drink and Insulin Diary

	Dinner	Melon and Palma ham Then Cheese, salmon and raw carrot	0	15	19.59	6.3	
					00.17	5.7	
Monday 13/6/16	Breakfast	Scrambled egg	0		09.53	6.4	122/68
	Lunch	Tomato and olive salad			12.31	6.5	
					14.56	5.9	
	Dinner	Salmon, cream cheese and salad Fresh Strawberries	0	15	18.33	5.4	
					00.13	6.0	
Tuesday 14/6/16	Breakfast		0		09.33	7.0	114/67
	Lunch				12.31	6.6	
					16.52	6.8	
	Dinner	Cold ham salad Fresh berries	0	15	18.41	6.5	
					00.22	6.5	
Wednesday 15/6/16	Breakfast	Mushroom omelette	0		09.20	6.4	108/58
	Lunch						
	Dinner	Tomato and mozzarella salad Fresh berries	0	15	18.09	4.9	
					22.08	5.8	
		Celery carrot and goats cheese			00.06	5.8	
Thursday 16/6/16	Breakfast	Scrambled egg and griddled tomato	0		07.58	6.5	129/74
	Lunch	Stir fry vegetables			12.27	6.1	

Food, drink and Insulin Diary

	Dinner	Melon and parma ham	0	15	15.58	6.3	
		Fresh pineapple and raspberries			19.44	5.5	
		Goats chees and celery			23.50	6.3	
Friday 17/6/16	Breakfast	Tomato salad	0		08.38	6.3	123/66
					10.43	7.2	
	Lunch				12.30	6.8	
					14.46	6.5	
	Dinner	Cold meats and salad	Reduced Lisiniprol from 10mg to 5 mg	0	15	18.06	6.0
		Fresh berries celery and goats cheese			01.00	5.3	
Saturday 18/6/16	Breakfast	Mushroom omelette	0		10.18	6.5	115/72
	Lunch				16.47	6.8	
	Dinner	Salmon cream cheese, carrot and celery	0	15	18.01	6.5	
		Fresh pineapple			21.14	7.3	
Sunday 19/6/16	Breakfast	Bacon, black pudding, tomato scrambled egg	0		00.14	5.4	122/68
					10.34	6.9	
	Lunch				16.11	5.3	
	Dinner	Cold meats and salad	0	15	18.57	6.1	
		Salmon, cheese, raw celery and carrot.			20.46	5.9	
		Fresh pineapple			00.36	6.4	
Monday 20/6/16	Breakfast	Tomato salad	0		09.36	6.9	120/66

Food, drink and Insulin Diary

	Lunch	Salmon, cheese, raw celery and carrot			12.10	6.0	
					15.40	5.8	
	Dinner	Steak and salad	0	15	20.08	5.3	
		Fresh Berries			22.52	5.9	
		Goats Cheese, raw carrot and celery			00.06	5.8	
Tuesday 21/6/16	Breakfast	Mushroom and chive omelette	0		09.57	5.8	124/75
Lunch					13.29	7.6	
	Dinner	Melon and Palma ham	0	15	17.25	6.0	
		Goats Cheese, raw carrot and celery			19.49	6.6	
		Fresh pineapple and raspberries			23.54	6.4	
Wednesday 22/6/16	Breakfast		0		08.54	5.7	105/59
Lunch					12.15	7.2	
					15.43	6.6	
	Dinner	Salmon, cheese, raw carrot and celery	0	15	18.21	5.9	
		Fresh pineapple			23.11	6.3	
Thursday 23/6/16	Breakfast	Tomato salad	0		08.12	6.3	111/59
Lunch					12.14	6.2	
	Dinner	Salmon, cheese, raw carrot and celery	0	15	20.16	5.6	
		Fresh strawberries and raspberries			00.35	5.8	
		Then Goats cheese and carrot					

Food, drink and Insulin Diary

Friday 24/6/16	Breakfast	Mushroom omelette	0		09.20	6.4	118/71
	Lunch	Goats cheese and carrot					
	Dinner	Lamb shank and vegetables	0	15	17.35 18.57 23.56	6.5 6.1 6.9	
		Fresh pineapple Then Goats cheese and carrot					
Saturday 25/6/16	Breakfast	Lamb soup	0		11.21	8.0	113/65
	Lunch	Lamb soup			15.35	6.6	
	Dinner	Coal meats and salad Goats cheese and raw carrots	0	15	19.51 22.07 1.21	9.7 5.0 5.3	
Sunday 26/6/16	Breakfast		0				136/77
					11.02	6.3	
	Lunch	Bacon, egg, black pudding and tomato			15.10	6.4	
	Dinner	Melon and palma ham	0	15	18.07	5.7	
		Fresh Strawberries			00.33	5.8	
Monday 27/6/16	Breakfast	3 tomatos	0		10.41	6.7	111/60
	Lunch	Tomato, olive and bacon salad			12.55	6.9	
	Dinner	Filet steak and salad Fresh strawberries	0	15	19.05 23.24	6.4 5.8	

Food, drink and Insulin Diary

Tuesday 28/6/16	Breakfast	Mushroom omelette	0		08.28	6.2	124/68
	Lunch	Tomato, mozzarella and olive salad			13.31 14.44	6.4 6.3	
	Dinner	Salmon, cream cheese and fresh vegetables	0	15	18.40 20.37	6.8 6.0	
Wednesday 29/6/16	Breakfast	Scrambled eggs	0		00.02 10.58	5.5 6.8	124/73
	Lunch				13.29	7.0	
	Dinner	Salmon, cream cheese and fresh vegetables Fresh strawberries	0	15	19.14 23.34	6.4 6.1	
Thursday 30/6/16	Breakfast	Stewed rhubarb	0		08.15	5.9	137/74
	Lunch	Tomato, olive and mozzarella salad Stewed rhubarb			12.23	6.0	
	Dinner	Beef Bolognese sauce and courgette Fresh strawberries and raspberries Goat cheese and raw veg	0	15	18.42 20.35 00.20	6.9 7.8 5.3	
Friday 01/7/16	Breakfast						110/69
	Lunch						
	Dinner						

Food, drink and Insulin Diary