

Day	Date	Time	Description
Mon	4/01/2016	8:30am	Home Made soylent alternative
		11:00am	1x 200g Banana
		1:00pm	Takeaway - Thai Chilli Paste Chicken with Veggies & Rice & 600ml Coke Zero
		5:00pm	Additional 1000ml of water throughout the day
		8:00pm	Mixed grill - Chicken Drum & Thigh, 4 Chivapi, 1 small 60g Steak
		8:00pm	Approx 300ml Coke Zero with dinner
		8:30pm	Mars Ice Cream 51ml
Tue	5/01/2016	12:30am	Sleep - Woke several times, alarm at 6am, got up at 6:30am
		7:00am	1x Centrum Advance Multivitamin
		8:30am	Home Made soylent alternative (with 600ml water)
		12:00pm	Run - 3.3km
		1:00pm	Home Made soylent alternative (with 600ml water)
		5:00pm	Home Made soylent alternative (with 600ml water)
		5:00pm	Additional 800ml of water throughout the day
		8:00pm	500g Paleo chicken schnitzel, 2 cups of broccoli, 1 large cucumber
		8:00pm	Approx 200ml Coke Zero with dinner
Wed	6/01/2016	12:00am	Sleep - Woke one time, alarm at 6am, got up at 6:30am
		7:00am	1x Centrum Advance Multivitamin
		8:00am	Home Made soylent alternative (with 600ml water)
		11:00am	1x 300g Banana
		12:00pm	Run - 3km
		1:00pm	Home Made soylent alternative (with 600ml water)
		4:30pm	Home Made soylent alternative (with 600ml water)
		5:00pm	Additional 500ml of water throughout the day
		8:00pm	3 frankfurts, 5 slices of high fibre white bread
		8:00pm	Approx 300ml Coke Zero with dinner
Thu	7/01/2016	1:00am	Sleep - Woke one time, alarm at 6am, got up at 6:30am
		7:00am	1x Centrum Advance Multivitamin
		8:30am	Home Made soylent alternative (with 600ml water)
		11:00am	1x 300g Banana
		12:00pm	Run - 4km
		1:00pm	Home Made soylent alternative (with 600ml water)
		5:00pm	Additional 500ml of water throughout the day
		7:00pm	400g Oliver garlic chicken breast pan cooked, with 300g cauliflower rice, olive oil
		7:30pm	Connoisseur orange & chocolate ice cream 455ml
		7:30pm	Approx 300ml Coke Zero with dinner
Fri	8/01/2016	12:00am	Sleep - Woke several times, got up at 8:00am
		8:30am	1x Centrum Advance Multivitamin
		10:00am	Home Made soylent alternative (with 600ml water)
		11:00am	165g packet of Red Rock Salt & Vinegar chips
		12:00pm	Connoisseur orange & chocolate ice cream 455ml
		2:00pm	Home Made soylent alternative (with 600ml water)
		9:30pm	Vindaloo cauliflower rice (oil, garlic, ginger, vindaloo paste, coconut milk, eggplant, tomatoes, cauliflower, pepper)
		11:30pm	Approx 700ml Coke Zero throughout the day
Sat	9/01/2016	1:30am	Sleep - slept through, got up at 8:30am
		9:00am	1x Centrum Advance Multivitamin
		9:30am	Home Made soylent alternative (with 600ml water)
		5:00pm	Takeaway - Guzman y Gomez spicy chicken burrito with 600ml coke zero
		6:30pm	2x Panadol with 100ml water
		9:00pm	Home Made soylent alternative (with 600ml water)
		11:30pm	Approx 700ml Coke Zero throughout the day
Sun	10/01/2016	3:00am	Sleep - slept through, got up at 8:30am
		9:00am	1x Centrum Advance Multivitamin
		9:30am	Home Made soylent alternative (with 600ml water)
		3:00pm	400g GF Rump pan cooked in little olive oil, 200g broccoli, 100g raw carrot
		4:00pm	Connoisseur orange & chocolate ice cream 455ml
		4:00pm	Approx 600ml Coke Zero with lunch
		8:00pm	Home Made soylent alternative (with 600ml water)
	Start	10:30pm	Sleep - slept through, got up at 6:00am
Mon	11/01/2016	6:30am	Weighed in at 112.6kg / 248.2lbs on my home scales
		9:00am	His PrimalKind (with 600ml water)
	Finish	1:00pm	His PrimalKind (with 600ml water)
	10/02/2016	5:00pm	His PrimalKind (with 600ml water)
		9:00pm	His PrimalKind (with 600ml water)
		9:00pm	Additional 600ml of water throughout the day
		11:00pm	Sleep - Woke several times, alarm at 6am, got up at 6:30am
Tue	12/01/2016	9:00am	His PrimalKind (with 600ml water)

		1:00pm	His PrimalKind (with 600ml water)
		5:00pm	His PrimalKind (with 600ml water)
		9:00pm	His PrimalKind (with 600ml water)
		9:00pm	Additional 600ml of water throughout the day
		12:00pm	Sleep - Woke several times, alarm at 6am, got up at 6:30am
Wed	13/01/2016	8:00am	His PrimalKind (with 600ml water)
		11:00am	Run - 3km
		1:00pm	His PrimalKind (with 600ml water)
		5:00pm	His PrimalKind (with 600ml water)
		9:00pm	His PrimalKind (with 600ml water)
		9:00pm	Additional 600ml of water throughout the day
		12:00pm	Sleep - Woke several times, alarm at 6am, got up at 6:30am
Thu	14/01/2016	8:00am	His PrimalKind (with 600ml water)
		12:00pm	His PrimalKind (with 600ml water)
		5:00pm	His PrimalKind (with 600ml water)
		9:00pm	His PrimalKind (with 600ml water)
		9:00pm	Additional 600ml of water throughout the day
		1:00am	Sleep - Woke several times, got up at 7:00am
Fri	15/01/2016	9:00am	His PrimalKind (with 600ml water)
		1:00pm	His PrimalKind (with 600ml water)
		5:00pm	His PrimalKind (with 600ml water)
		9:00pm	His PrimalKind (with 600ml water)
		9:00pm	Additional 600ml of water throughout the day
		12:00am	Sleep - Woke several times, got up at 6:00am
Sat	16/01/2016	7:00am	1st Half - His PrimalKind (with 600ml water)
		8:00am	Run - 5km Offical Park Run at Sydney Park
		9:00am	2nd Half - His PrimalKind (with 600ml water)
		12:00pm	His PrimalKind (with 600ml water)
		5:00pm	His PrimalKind (with 600ml water)
		9:00pm	His PrimalKind (with 600ml water)
		9:00pm	Additional 1000ml of water throughout the day
		12:00am	Sleep - Woke several times, got up at 8:30am
Sun	17/01/2016	9:00am	Run - 2km
		10:00am	His PrimalKind (with 600ml water)
		2:00pm	His PrimalKind (with 600ml water)
		6:00pm	His PrimalKind (with 600ml water)
		10:00pm	His PrimalKind (with 600ml water)
		9:00pm	Additional 600ml of water throughout the day
		12:00am	Sleep - Woke several times, alarm at 6am, got up at 6:30am
Mon	18/01/2016	6:30am	Weighed in at 108.6kg / 239.4lbs on my home scales = Down 4kg / 8.8lbs
		9:00am	His PrimalKind (with 600ml water)
		1:00pm	His PrimalKind (with 600ml water)
		5:00pm	His PrimalKind (with 600ml water)
		10:00pm	His PrimalKind (with 600ml water)
		10:00pm	Additional 600ml of water throughout the day
		12:00am	Sleep - Woke several times, alarm at 6am, got up at 6:30am
Tue	19/01/2016	9:00am	His PrimalKind (with 600ml water)
		1:00pm	His PrimalKind (with 600ml water)
		5:00pm	His PrimalKind (with 600ml water)
		10:00pm	His PrimalKind (with 600ml water)
		10:00pm	Additional 600ml of water throughout the day
		11:00pm	Sleep - Slept through, alarm at 6am, got up at 6:30am
Wed	20/01/2016	7:00am	Run - 3km
		8:00am	His PrimalKind (with 600ml water)
		12:00pm	His PrimalKind (with 600ml water)
		4:00pm	His PrimalKind (with 600ml water)
		8:00pm	His PrimalKind (with 600ml water)
		9:00pm	Additional 600ml of water throughout the day
		12:00am	Sleep - Woke a couple times, alarm at 6am, got up at 6:30am
Thu	21/01/2016	8:00am	His PrimalKind (with 600ml water)
		12:00pm	His PrimalKind (with 600ml water)
		4:00pm	His PrimalKind (with 600ml water)
		8:00pm	His PrimalKind (with 600ml water)
		9:00pm	Additional 600ml of water throughout the day
		12:00am	Sleep - Woke a couple times, got up at 7:00am
Fri	22/01/2016	8:00am	His PrimalKind (with 600ml water)
		12:00pm	His PrimalKind (with 600ml water)
		4:00pm	His PrimalKind (with 600ml water)

		8:00pm	His PrimalKind (with 600ml water)
		9:00pm	Additional 600ml of water throughout the day
		11:00pm	Sleep - Woke several times, got up at 8:00am
Sat	23/01/2016	8:00am	1st Half - His PrimalKind (with 600ml water)
		8:30am	Run - 5km around Centennial Park
		10:00am	2nd Half - His PrimalKind (with 600ml water)
		2:00pm	His PrimalKind (with 600ml water)
		10:00pm	Additional 1000ml of water throughout the day
		11:00pm	Sleep - Woke once, got up at 7:00am
Sun	24/01/2016	7:00am	His PrimalKind (with 600ml water)
		8:00am	Run - 2km
		12:00pm	His PrimalKind (with 600ml water)
		7:00pm	His PrimalKind (with 600ml water)
		9:00pm	Additional 1000ml of water throughout the day
		12:00am	Sleep - Woke a couple times, got up at 7:00am
Mon	25/01/2016	7:00am	Weighed in at 105.9kg / 233.4lbs on my home scales = down extra 2.7kg / 5.9lbs
		9:00am	His PrimalKind (with 600ml water)
		2:00pm	His PrimalKind (with 600ml water)
		7:00pm	His PrimalKind (with 600ml water)
		9:00pm	Additional 600ml of water throughout the day
		12:00am	Sleep - Woke once, got up at 7:30am
Tue	26/01/2016	8:00am	His PrimalKind (with 600ml water)
		10:00am	Run - 3km
		12:00pm	His PrimalKind (with 600ml water)
		4:00pm	His PrimalKind (with 600ml water)
		8:00pm	His PrimalKind (with 600ml water)
		9:00pm	Additional 1000ml of water throughout the day
		12:00am	Sleep - Woke once, alarm at 6am, got up at 6:30am
Wed	27/01/2016	9:00am	His PrimalKind (with 600ml water)
		12:00pm	Run - 2km
		1:00pm	His PrimalKind (with 600ml water)
		6:00pm	His PrimalKind (with 600ml water)
		10:00pm	His PrimalKind (with 600ml water)
		10:00pm	Additional 1000ml of water throughout the day
		12:00am	Sleep - Woke once, alarm at 6am, got up at 6:30am
Thu	28/01/2016	8:00am	His PrimalKind (with 600ml water)
		12:00pm	His PrimalKind (with 600ml water)
		4:00pm	His PrimalKind (with 600ml water)
		8:00pm	His PrimalKind (with 600ml water)
		8:00pm	Additional 1000ml of water throughout the day
		11:00pm	Sleep - Woke once, got up at 7:00am
Fri	29/01/2016	8:00am	His PrimalKind (with 600ml water)
		12:00pm	His PrimalKind (with 600ml water)
		5:00pm	His PrimalKind (with 600ml water)
		9:00pm	His PrimalKind (with 600ml water)
		9:00pm	Additional 1000ml of water throughout the day
		12:00am	Sleep - Woke once, got up at 7:00am
Sat	30/01/2016	7:00am	Run - 3km
		8:00am	His PrimalKind (with 600ml water)
		12:00pm	His PrimalKind (with 600ml water)
		5:00pm	His PrimalKind (with 600ml water)
		9:00pm	His PrimalKind (with 600ml water)
		9:00pm	Additional 1000ml of water throughout the day
		12:00am	Sleep - Woke once, got up at 8:00am
Sun	31/01/2016	8:00am	Run - 2km
		9:00am	His PrimalKind (with 600ml water)
		1:00pm	His PrimalKind (with 600ml water)
		5:00pm	His PrimalKind (with 600ml water)
		9:00pm	His PrimalKind (with 600ml water)
		9:00pm	Additional 1000ml of water throughout the day
		11:00pm	Sleep - Woke once, got up at 6:00am
Mon	1/02/2016	7:00am	Weighed in at 104.1kg / 229.5lbs on my home scales = down extra 1.8kg / 3.9lbs
		8:00am	His PrimalKind (with 600ml water)
		12:00pm	His PrimalKind (with 600ml water)
		4:00pm	His PrimalKind (with 600ml water)
		8:00pm	His PrimalKind (with 600ml water)
		9:00pm	Additional 1000ml of water throughout the day
		12:00am	Sleep - Woke once, alarm at 6am, got up at 6:30am

Tue	2/02/2016	8:00am	His PrimalKind (with 600ml water)
		11:30am	Run - 3km
		1:00pm	His PrimalKind (with 600ml water)
		5:00pm	His PrimalKind (with 600ml water)
		9:00pm	His PrimalKind (with 600ml water)
		9:00pm	Additional 1000ml of water throughout the day
		11:00pm	Sleep - Woke once, got up at 6:00am
Wed	3/02/2016	8:00am	His PrimalKind (with 600ml water)
		12:00pm	His PrimalKind (with 600ml water)
		4:00pm	His PrimalKind (with 600ml water)
		8:00pm	His PrimalKind (with 600ml water)
		9:00pm	Additional 1000ml of water throughout the day
		11:00pm	Sleep - Woke once, got up at 6:00am
Thu	4/02/2016	8:00am	His PrimalKind (with 600ml water)
		12:00pm	Run - 2km
		1:00pm	His PrimalKind (with 600ml water)
		5:00pm	His PrimalKind (with 600ml water)
		9:00pm	His PrimalKind (with 600ml water)
		9:00pm	Additional 1000ml of water throughout the day
		10:00pm	Sleep - Woke once, got up at 6:00am
Fri	5/02/2016	8:00am	His PrimalKind (with 600ml water)
		12:00pm	His PrimalKind (with 600ml water)
		4:00pm	His PrimalKind (with 600ml water)
		8:00pm	His PrimalKind (with 600ml water)
		9:00pm	Additional 1000ml of water throughout the day
		1:00am	Sleep - Woke once, got up at 7:00am
Sat	6/02/2016	8:00am	Run - 5km Park Run at St Peter's
		9:00am	His PrimalKind (with 600ml water)
		1:00pm	His PrimalKind (with 600ml water)
		5:00pm	His PrimalKind (with 600ml water)
		9:00pm	His PrimalKind (with 600ml water)
		9:00pm	Additional 1000ml of water throughout the day
		11:00pm	Sleep - Woke once, got up at 7:30am
Sun	7/02/2016	8:00am	His PrimalKind (with 600ml water)
		12:00pm	His PrimalKind (with 600ml water)
		4:00pm	His PrimalKind (with 600ml water)
		8:00pm	His PrimalKind (with 600ml water)
		9:00pm	Additional 1000ml of water throughout the day
		11:00pm	Sleep - Woke once, got up at 6:00am
Mon	8/02/2016	7:00am	Weighed in at 102.8kg / 226.6lbs on my home scales = down extra 1.3kg / 2.8lb
		8:00am	His PrimalKind (with 600ml water)
		12:00pm	His PrimalKind (with 600ml water)
		4:00pm	His PrimalKind (with 600ml water)
		8:00pm	His PrimalKind (with 600ml water)
		9:00pm	Additional 1000ml of water throughout the day
		12:00am	Sleep - Woke once, alarm at 6am, got up at 6:30am
Tue	9/02/2016	8:00am	His PrimalKind (with 600ml water)
		12:00pm	His PrimalKind (with 600ml water)
		4:00pm	His PrimalKind (with 600ml water)
		8:00pm	His PrimalKind (with 600ml water)
		9:00pm	Additional 1000ml of water throughout the day
		12:00am	Sleep - Woke once, alarm at 6am, got up at 6:30am
Wed	10/02/2016	8:00am	His PrimalKind (with 600ml water)
		12:00pm	His PrimalKind (with 600ml water)
		4:00pm	His PrimalKind (with 600ml water)
		7:00pm	His PrimalKind (with 600ml water)
		9:00pm	Additional 1000ml of water throughout the day
		11:00pm	Sleep - Woke once, alarm at 6am, got up at 6:30am
Thu	11/02/2016	7:30am	Weighed in at 102.3kg / 225.5lbs on my home scales = down extra 0.5kg / 1.1lbs