

| Datum | | Ontbijt | Snack | Lunch | Snack | Avondeten | Stemming 😊 😐 😞 |
|-------|----------------|---------|-------|-------|-------|-----------|-------------------|
| | Eten / drinken | | | | | | |
| | Klachten | | | | | | |
| | Eten / drinken | | | | | | |
| | Klachten | | | | | | |
| | Eten / drinken | | | | | | |
| | Klachten | | | | | | |
| | Eten / drinken | | | | | | |
| | Klachten | | | | | | |
| | Eten / drinken | | | | | | |
| | Klachten | | | | | | |
| | Eten / drinken | | | | | | |
| | Klachten | | | | | | |
| | Eten / drinken | | | | | | |
| | Klachten | | | | | | |
| | Eten / drinken | | | | | | |
| | Klachten | | | | | | |
| | Eten / drinken | | | | | | |
| | Klachten | | | | | | |

| Datum | | Ontbijt | Snack | Lunch | Snack | Avondeten | Stemming 😊 😐 😞 |
|-------|----------------|---------|-------|-------|-------|-----------|-------------------|
| | Eten / drinken | | | | | | |
| | Klachten | | | | | | |
| | Eten / drinken | | | | | | |
| | Klachten | | | | | | |
| | Eten / drinken | | | | | | |
| | Klachten | | | | | | |
| | Eten / drinken | | | | | | |
| | Klachten | | | | | | |
| | Eten / drinken | | | | | | |
| | Klachten | | | | | | |
| | Eten / drinken | | | | | | |
| | Klachten | | | | | | |
| | Eten / drinken | | | | | | |
| | Klachten | | | | | | |
| | Eten / drinken | | | | | | |
| | Klachten | | | | | | |
| | Eten / drinken | | | | | | |
| | Klachten | | | | | | |

1) Kijimea® Prikkelbare Darm is niet geïndiceerd voor brandend maagzuur

| Datum | | Ontbijt | Snack | Lunch | Snack | Avondeten | Stemming 😊 😐 😞 |
|-------|----------------|---------|-------|-------|-------|-----------|-------------------|
| | Eten / drinken | | | | | | |
| | Klachten | | | | | | |
| | Eten / drinken | | | | | | |
| | Klachten | | | | | | |
| | Eten / drinken | | | | | | |
| | Klachten | | | | | | |
| | Eten / drinken | | | | | | |
| | Klachten | | | | | | |
| | Eten / drinken | | | | | | |
| | Klachten | | | | | | |
| | Eten / drinken | | | | | | |
| | Klachten | | | | | | |
| | Eten / drinken | | | | | | |
| | Klachten | | | | | | |
| | Eten / drinken | | | | | | |
| | Klachten | | | | | | |
| | Eten / drinken | | | | | | |
| | Klachten | | | | | | |

1) Kijimea® Prikkelbare Darm is niet geïndiceerd voor brandend maagzuur