

Food Diary

DATE 2ND MAY 2018

Wake Up Cleanse

200ml Hot water with lemon wedge

Breakfast

Actimel High Protein Shake

Farola

Snack

Slimfast Vitality 250ml

High Protein Yoghurt 50g

Lunch

Squash & Ginger Soup (hm)

2 Smoked salmon & mouse squares

Snack

1 Laughing cow triangle

Dinner

Baby Food shepherds pie

Snack

Milk jelly

Drink Consumption

HWL 200ml

Water 200ml

Green Tea 200ml, 200ml

Fruit juice 150ml



Day 16