

# 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