

# Food Diary

DATE 3RD MAY 2018

## Wake Up Cleanse

200ml Hot water with lemon wedge

## Breakfast

FUEL choc 100ml

High Protein yoghurt 100g

## Snack

FUEL choc 100ml

## Lunch

Scrambled egg & slice Leerdammer low fat cheese

1/2 milk jelly

## Snack

FUEL choc 100ml

## Dinner

Chicken & ratatouille (hm)

1/2 milk jelly & apple/pear sauce

## Snack

Low fat custard pot

## Drink Consumption

HWL 200ml, 200ml

Diluting juice 200ml, 200ml



# Day 17