

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