

# Food Diary

DATE 4TH MAY 2018

## Wake Up Cleanse

200ml Hot water with lemon wedge

## Breakfast

FUEL milk shake high protein 330ml

## Snack

Jelly & stewed strawberries

## Lunch

Chicken & Veg soup (hm)

## Snack

Prawn Cocktail smart low fat

## Dinner

Chilli (hm)

Sweet potato & red pepper 10z &

2 tsp guacamole

## Snack

Jelly & stewed strawberries

1 Actimel drink

## Drink Consumption

HWL 200ml, 200ml

Diluting juice 200ml, 200ml

Coconut Water 150ml

Green Tea 200ml



# Day 18