

Food Diary

DATE 5TH MAY 2018

Wake Up Cleanse

200ml Hot water with lemon wedge

Breakfast

Arla high protein shake 225ml

Lunch

Spinich sweet potato and pepper quiche

2 lotus biscuits

Snack

2 fish stick in 1000 island dip

Raspberries 30g

Dinner

Chicken & Veg soup hm

Arla High Protein yphurt

Snack

For Goodness Shake choc

3 small crackers & low fat cheddar

Drink Consumption

HWL 200ml, 200ml

Diluting juice 200ml, 200ml

Green Tea 200ml, 200ml;



Day 19