

# Food Diary

DATE 10TH MAY 2018

## Wake Up Cleanse

200ml Hot water with lemon wedge

## Breakfast

FUEL milk shake 330ml

## Snack

FUEL granola with Actimel

## Lunch

Cream of Tomato soup

## Snack

2 oatcakes with beetroot humous

## Dinner

Roast Chicken on potato and black pudding mash, green beans and red cabbage

Mixed berries

## Snack

Slimfast Vitality choc mint, added milk

## Drink Consumption

HWL 200ml

Diluting Juice 200ml

Water 600ml

Green Tea 150ml



# Day 24