

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