

Food Diary

DATE 11TH MAY 2018

Wake Up Cleanse

200ml Hot water with lemon wedge

Breakfast

Slimfast Vitality added milk & blueberries 300ml

Snack

1 Lotus biscuit

Lunch

Mushroom ham and spinach fritata

Snack

Tbsp Mixed nuts

Dinner

Lamb steak Tagine with couscous
Milk Jelly & Raspberries

Snack

Granola 50g & Actimel

Drink Consumption

HWL 200ml

Diluting Juice 200ml, 200ml

Green Tea 200ml, 200ml



Day 25