

# Food Diary

DATE 11TH MAY 2018

## Wake Up Cleanse

200ml Hot water with lemon wedge

## Breakfast

Slimfast Vitality added milk & blue-  
berries 300ml

## Snack

1 Lotus biscuit

## Lunch

Mushroom ham and spinach frittata

## 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