

Food Diary

DATE 14TH MAY 2018

Wake Up Cleanse

200ml Hot water with lemon wedge

Breakfast

Slimfast Vitality & Raspberries

Lunch

Chicken & Vegetable soup

Raspberries

Dinner

Chicken Fajitas (onion, red, green pepper, mushroom, guacamole, salsa, yoghurt)

Milk jelly

Drink Consumption

HWL 200ml, 200ml

Coconut water 200ml

Green tea 200ml

Water 200ml



Day 28