

# 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