

Food Diary

DATE 15TH MAY 2018

Wake Up Cleanse

200ml Hot water with lemon wedge

Breakfast

FUEL Granola, Actimel, 25g blueberries

Snack

Green Juice 150ml

Lunch

No lunch

Snack

Slice Mango

Dinner

Moroccan Lamb Steak & Vegetable stew
with added lentils

60g high protein yoghurt

Snack

High protein milk 150ml

Drink Consumption

HWL 200ml

Coconut Water 200ml

Green Juice 150ml

Water 75ml

High Protein Milk 150ml



Day 29