

# Food Diary

DATE 17TH MAY 2018

## Wake Up Cleanse

200ml Hot water with lemon wedge

## Breakfast

A brief description of the dish.

## Lunch

Smoked Salmon Omelette

Jelly & Stick pineapple

## Snack

Protein Milk

## Dinner

Teriyaki Turkey Patties

Broccoli & Asparagus

1/2 Skyr yoghurt

## Drink Consumption

HWL 200ml

Diluting juice 600ml

Protein Milk 200ml

Iced Peach tea 200ml



Day 31