

Food Diary

DATE 18TH MAY 2018

Wake Up Cleanse

200ml Hot water with lemon wedge

Breakfast

Slimfast Vitality 200ml

Lunch

Tuna, beans, veg in mayo (corn, celery, scallion, beans)

Snack

Pineapple

Dinner

Grilled Chicken Salad, lettuce, tomato, cucumber, carrot, red slaw, beans, corn, scallion

Halo Ice cream

Drink Consumption

HWL 200ml

Diluting juice 200ml

Iced Peach tea 200ml

Green Tea WL 200ml



Day 32