

# Food Diary

DATE 19TH APRIL 2018

## Breakfast

Water

## Snack

Diluting juice

## Lunch

More diluting juice

## Snack

U Fit Milk shake 100ml (first non clear liquid)

## Dinner

U Fit Milk shake 100ml

## Snack

Actimel drink

## Snack

Heinz Tomato soup—yummy

## Drink Consumption

Water & Diluting juice



# Day<sub>3</sub>