

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 3