

Food Diary

DATE 21ST MAY 2018

Wake Up Cleanse

200ml Hot water with lemon wedge

Breakfast

1/2 Slimfast VItality

Lunch

Chicken soup with added grilled chicken

Snack

Fruit tub with yoghurt

Actimel

Dinner

Swordfish steak, Ratatouille with leek

Snack

Crudites & yoghurt

Drink Consumption

HWL 200ml

Diluting juice 400ml

Green Tea 200ml

Green Juice 150ml



Day 34