

Food Diary

DATE 22ND MAY 2018

Wake Up Cleanse

200ml Hot water with lemon wedge

Breakfast

Actimel Milk Shake

Lunch

Heinz tomato soup

Dinner

Quiche cheese and onion and roasted vegetables, yoghurt and cucumber

Snack

2 lotus biscuits

1/2 Arla yoghurt

Drink Consumption

HWL 200ml

Diluting juice 600ml

Green Tea 200ml



Day 35