

# Food Diary

DATE 23RD MAY 2018

## Wake Up Cleanse

200ml Hot water with lemon wedge

## Breakfast

25g FUEL granola 25g, yoghurt 100g & 50g raspberries

## Lunch

Lemon & herb chicken and grain, red pepper humous salad Greggs

## Snack

Blueberries, Jelly

## Dinner

Turkey meatball with tomato and olive sauce, roasted vegetables

## Snack

Slimfast Vitality choc and mint 125ml

## Drink Consumption

HWL 200ml

Coconut water 200ml

Flavoured water 500ml

Green Tea 150ml



# Day 36