

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