

Food Diary

DATE

Wake Up Cleanse

200ml Hot water with lemon wedge

Breakfast

Arla Protein Milk Shake

Lunch

Arla Protein Yoghurt sachet

Snack

Watermelon

Dinner

Shredded Pork with salad

1/2 jelly and custard

Drink Consumption

HWL 200ml

Diluting juice 1000ml

Green Tea 200ml

Green Juice 150ml



Day