

# 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