

# Food Diary

DATE 26TH MAY 2018

## Wake Up Cleanse

200ml Hot water with lemon wedge

## Breakfast

1/2 Slimfast Vitality Salted Caramel

## Lunch

Scallops, black pudding discs and mixed salad

## Snack

Mini Vienetta- Iceland

## Dinner

Corned Beef Hash

## Snack

1/2 Jelly and custard 10z

## Drink Consumption

HWL 200ml

Diluting Juice 500ml

Green Tea 200ml

Green Juice 150ml

Milk 30ml



# Day 40