

Food Diary

DATE 28TH APRIL 2018

Wake Up Cleanse

200ml Hot water with lemon wedge

Breakfast

Egg scrambled with Pepper, Salt and
wedge laughing cow low fat cheese
Yoghurt 60 g

Snack

Actimel Drink

Lunch

Tuna in spring water & lighter than light
mayo 60g

1/2 raspberry jelly

Snack

Arla Milk Shake 225ml

Dinner

Sweet Potato & Beef Ragu -baby food

Broccoli rice 25g

Snack

1/2 raspberry jelly

Drink Consumption

Hot Water with lemon 250ml

Water 200ml

Greet Tea 200ml

Green juice 75ml



Day 1 2