

Food Diary

DATE 29TH APRIL 2018

Wake Up Cleanse

200ml Hot water with lemon wedge

Breakfast

Arla Yoghurt coconut 80g

1/2 Arla Milk shake

Snack

Rasp Slimfast Vitality + blueberries 150ml

Lunch

Winter Vegetable soup

1/2 Carton Custard -low fat 60g

Snack

1 lighter/light T biscuit

Dinner

Baby Food Salmon fish pie

1/2 custard 65g + apple & pear puree 10z

Snack

Actimel

Drink Consumption

WHL 200ml, 200ml

Green Tea with lemon 200ml

Water 200ml

Green Juice 150ml



Day 13