

Slimming W

Date: May 5, 2050

	Calorie
	143
	134
	154
Calorie	
	198
	72
	34
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Slimming World Style Food Diary

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Breakfast		
Food	Amount	Calorie
2 poached eggs	100 g	143
Whole wheat English Muffin	1 serving	134
Garlic mushrooms	1 cup	154

Lunch		
Food	Amount	Calorie
Shrimp	200 g	198
Sauteed Kale	2 cups	72
Zucchini	200 g	34

Dinner		
Food	Amount	Calorie
Roasted butternut squash	1 cup	82
Avocado	1 serving	80
Cheese	100 g	402

Snacks		
Food	Amount	Calorie
Orange	100 g	47
Sugar snap peas	2 cups	80
Tea	1 cup	1

Notes

d sliced fruits to water to keep energy levels stable

etch every morning

