	Breakfast	Lunch	Dinner	Snacks if allowed	Snacks if allowed	Notes How you feel
Mon						Water 6 x 500ml or 50cl
Tue						Water 6 x 500ml or 50cl
Wed						Water 6 x 500ml or 50cl
Thur						Water 6 x 500ml or 50cl
Fri						Water 6 x 500ml or 50cl
Sat						Water 6 x 500ml or 50cl
Sun						Water 6 x 500ml or 50cl