**06/03/17 – 12/03/17 Food Consumption Diary Entry**

Monday 06/03/17

Breakfast

* 1 Cheese and Ham Baguette from Greggs
* 1 Tall Cappuccino from Starbucks

Lunch (Stuck on train)

* 2 apple and cinnamon cookie
* 1 chocolate chip and orange cookie - one cookie is enough
* 2 green apples
* 1 banana
* 2 cups of tea (no sugar)
* 1 Bootle of 200ml water

Dinner

* 4 homemade low fat meatballs
* Homemade bolognaise Sause
* ½ of fresh spaghetti pouch from Sainsbury’s

Tuesday 07/03/17

Breakfast

Lunch

* 1 BBQ and bacon wrap from McDonald’s
* 1 Large fries
* 1 cheese burger
* 1 sweet and sour dip
* 1 large oasis

you know

Dinner

* 4 homemade low fat meatballs
* Homemade bolognaise Sause
* ½ of fresh spaghetti pouch from Sainsbury’s

Wednesday 08/03/17

Breakfast

* 1 large cappuccino from McDonald’s

please eat

Lunch

* 1 Medium Papa John’s pizza, Stuffed Crust (red pepper, onions and chicken)
* 1 litre of Buxton water

Dinner

* Ham Toasty with wholemeal bread
* 6 slices of cucumber
* 1 cup of tea

Thursday 09/03/17

Breakfast

* 1 large Cappuccino from McDonald’s
* 1 hash brown - not good
* 1 sausage, egg and cheese bagel - this is okay

Afternoon

* 1 BLT sandwich
* 1 ready salted crisps - its okay
* 1 coke zero

Dinner

* 1 pouch of Mexican chilli rice
* 8 slices of cucumber
* 1 orange pepper
* 2 tomatoes
* 3 celery stalks
* 3 spring onions
* 3 potatoes

lovely, just half a pack of rice though

Friday 10/03/17

Breakfast

* 1 Large cappuccino - please eat

Lunch

* 1 chicken salad sandwich
* 1 packet of sensations crisps - check contents
* 1 coke cherry - now and then okay :)

Dinner

* 2 regular scotch eggs - not bad have some salad aswell or fruit
* ¾ of 1ltr bottle of cobra beer

Saturday 11/03/17 (Working from 08:00 to 22:30)

Breakfast

* 1 Large Cappuccino
* 1 hash brown - if baked okay if fried then no
* 1 sausage, cheese and egg bagel - this okay

Lunch

* 1 chicken, mayo and sweetcorn sandwich
* McCoy’s paprika crisps - check content
* 1 bottle of Evian water
* 4 Maryland cookies - granola bar would be better

Afternoon

* 1 packet of chocolate buttons
* 2 waffles from Twickenham hospitality.

think about what you've eaten during the day, eating so much sweet things are not good as its bad for your teeth and sugar is bad for your weight.

Dinner (Got stuck on the train till 1am)

* 1 regular fries
* 1 Big Mac

one off no problem

Sunday 12/03/17 (Working from 14:15 to 22:45)

Breakfast

* 1 pork sausage
* 2 bacon
* 1 fried egg
* Chips - bad
* 2 hash browns - better than chips but bad, alternate toast
* Baked beans

Lunch

* Chicken sandwich
* 1 chocolate chip cookie
* 3 200ml cups of diet coke - 2 should be your maximum

Dinner

please eat