**13/02/17-19/02/17 Food Consumption Diary**

Monday 13/02/17

Breakfast

* Ham and Cheese baguette from Greggs
* 1 Starbucks Latte
* **First class cookies - i dont want to stop you from having nice cookies, but just not in the morning, better to have at lunch or in the evening**

Lunch

* 2 pieces of toasted wholemeal toast
* 2 crumpets
* 1 apple
* 2 cups of tea

either have 2 toast or 2 crumpet not both, they both break down as sugar in the body, causing fat build up

Dinner

* 3 pieces of wholemeal toast
* 2 celery stalks
* 2 tomatoes
* 1 red pepper
* 2 spring onions
* 1 pouch of spicy Mexican rice

try not to have 2 different carbs for dinner, otherwise you will carbo load causing you to gain more weight than necessary, also the uncle bens pouch you should only be consuming half the pack.

Tuesday 14/02/17

Breakfast

* 1 cup of tea
* 2 crumpets

Lunch

* 1 bacon, tomato and lettuce sandwich
* 1 packet of cheese and onion crisps - check the contents of the packet, calories, salt intake
* 1 bottle of coke zero -normal coke is better for you than the zero, as sweeteners are worse for the body than sugar

Dinner

* 3 pieces of wholemeal toast
* 3 celery stalks
* 1 tomato
* 1 red pepper
* 3 spring onions
* 1 pouch of spicy Mexican rice
* **4 potatoes**

try not to have 3 different carbs for dinner, otherwise you will carbo load causing you to gain more weight than necessary, also the uncle bens pouch you should only be consuming half the pack. the potatoes are enough

Wednesday 15/02/17

Breakfast

* 1 Large McDonalds Latte
* **First Class cookie**

Lunch

* 1 large Papa John’s pizza (chicken, onion and red pepper)
* 1ltr of Buxton water

Dinner

* Tower Burger meal from KFC due to it being my mates birthday
* 1 regular krushem
* 1 green apple

Thursday 16/02/17

Breakfast

* 1 Large Latte from McDonalds
* 2 crumpets

Lunch

* 1 six inch subway (big beef melt) with lettuce, onion, sweetcorn, gurkins and bbq sauce. - this is actually okay
* 1 drench orange bottle 500ml - the drench bottles are better than coke and have good hydration as they are mostly water

Dinner

* 3 pieces of wholemeal buttered toast
* 2 pieces of ham
* 3 celery stalks
* 1 yellow pepper
* 2 spring onions
* 2 Sainsbury’s tomatoes
* ½ a cucumber
* 1bottle of lemon and lime flavoured water 500ml
* ½ bottle of summer fruits oasis
* 1 apple

Friday 17/02/17

Breakfast

* 1 large Latte from McDonalds

Lunch

* 1 medium pizza (tomato base with chicken, onion and red pepper)
* 1 bottle of Buxton water 1lt

again try not too have 2 pizzas a week