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

Monday 13/02/17

Breakfast

* Ham and Cheese baguette from Greggs
* 1 Starbucks Latte
* 1 chocolate chip and orange cookie
* 1 chocolate chip and stem ginger cookie

you've already had bread (in the baguette) try not to have the cookies

Lunch

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

either 2 pieces of toast or 2 crumpets

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. also you have consumed alot of bread today 5 toast, a baguette and the crumpets are just as bad. cut down if you can.

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 - no problem, just check contents
* 1 bottle of coke zero - normal coke is better as the sweeteners are worse 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 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. the potatoes are enough and are the best carb

Wednesday 15/02/17

Breakfast

* 1 Large McDonalds Latte
* Apple and Cinamon cookie - better than not eating, but try a granola bar or fruit instead of cookie

Lunch

* 1 large Papa John’s pizza (chicken, onion and red pepper) - once a week no problem
* 1ltr of Buxton water

Dinner

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

birthdays and special occasions don't stress, just enjoy your meal out and count it as a cheat, work harder in the gym :)

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.
* 1 drench orange bottle 500ml

these are actually okay :)

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

try to eat something with this, fruit, cereal, granola bar

Lunch

* 1 medium pizza (tomato base with chicken, onion and red pepper) - not 2 a week
* 1 bottle of Buxton water 1lt

Dinner

* 4 pieces of wholemeal toast with butter - try not to have this so much, pasta and sauce would be better
* 1 golden delicious apple

Evening (Went out clubbing)

* 1 McDonalds BBQ wrap and fries
* 1 large summer fruits oasis
* 3 double shot vodka orange
* 2 glasses of yage bombs

have fun and enjoy these nights out, work harder during at the gym

Saturday 18/02/17 (Working from 16:00-22:30)

Breakfast (I was hungover)

* Sausage, egg and bacon bagel meal from McDonalds -not as bad as you think
* 2 hash browns McDonalds - these are so yummy, yet so awful, try to steer clear
* 1 regular latte - word of warning, with hangovers avoid dairy, it curdles the drink in your stomach and makes you worse

Lunch

* Kaspas vanilla and instant hardening chocolate sundae - word of warning, no dairy when you have a hangover
* 500ml bottle of water

Dinner

* 1 whole ckicken leg
* Mash potatoes
* P&Q gravey
* Carrots and peas

perfect :)

Sunday 19/02/17 (Working 11:30-15:30)

Breakfast

* 2 bacon, one port sausage, chips and beans -just the chips are bad
* 1 cup of tea with no sugar

Lunch

* 1 Tesco BLT sandwich
* 1 bottle of Buxton water 500m

Dinner (went to the cinema with my sister)

* 1 medium popcorn - depends what type of popcorn and try to have something proper for dinner
* ½ of large coke zero - normal coke is better