**27/02/17 – 05/03/17 Food Consumption Diary Entry**

Monday 27/02/17

Breakfast

* 1 ham and cheese baguette from Greggs
* 1 medium cappuccino from Greggs
* 1 shortbread first class cookie - not for breakfast

Lunch

* 3 pieces of toasted wholemeal bread
* 2 piece of breaded ham
* 1 apple
* 1 banana
* ½ summer fruits oasis

Dinner

* 2 pieces of toasted wholemeal bread
* 2 pieces of breaded ham
* 5 potatoes
* 1 apple
* 1 banana
* ¾ bottle of Buxton water 1ltr

try not to have 2 different carbs for dinner, otherwise you will carbo load causing you to gain more weight than necessary, the potatoes are great though, just leave the toast!

Tuesday 21/02/17

Breakfast

* 2 crumpets with butter
* 1 cup of tea
* 1 large cappuccino from McDonald’s

Lunch

* 1 BLT sandwich
* Bottle of Highland water 500ml
* 1 bounty trio bar - 1
* 1 snickers due bar -2

Dinner

* 2 celery stalks
* 2 tomatoes
* 1/3 cucumber
* 1 green pepper
* 1 pouch of Mexican spicy rice
* 2 spring onions
* 3 pieces of toasted wholemeal bread
* 2 pieces of breaded ham
* 2 cups of tea

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.

Wednesday 22/02/17

Breakfast

* 1 large cappuccino from McDonald’s

try to eat something for breakfast, cereal, granola bar or fruit

Lunch

* 1 medium Papa John’s pizza (red pepper, onions, chicken and tomato base)
* 1 ltr of Buxton water
* ¾ of 200g Maryland’s chocolate chip cookies - you know

Dinner

* 2 celery stalks
* 2 tomatoes
* 1/3 cucumber
* 1 red pepper
* 1 pouch of Mexican spicy rice
* 2 spring onions
* 3 pieces of toasted wholemeal bread
* 2 pieces of breaded ham
* 2 cups of tea

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.

Thursday 23/02/17 (Student Night)

Breakfast

* 1 large McDonald’s Cappuccino
* 2 crumpets

Lunch

* 1 BLT sandwich
* 1 packet of cheese and onion crisps - just check contents, now and then is fine, one every few days is fine.
* 1 bottle of 500ml water.

Dinner

* 1 BBQ wrap from McDonald’s
* 1 large oasis summer fruits
* 1 large chips

Late Night

* 1 large Kebab meat and chips

obviously dinner and late night dinner was very naughty just make sure to work harder in the gym and not have to many nights like this.

Friday 24/02/17

Breakfast

* 2 cups of tea
* 2 pieces of toasted wholemeal toast
* What was left of my kebab from the previous night

Lunch

* 1 apple
* 2 crumpets
* 1 bottle of 500ml water

Dinner

please have dinner

Saturday 25/02/17 (Working from 10:00am – 7:00pm)

Breakfast

* Tall Latte from Starbucks
* Raspberry and White chocolate Muffin from Starbucks - fruit or porridge instead

Lunch

* Ham and Cheese Baguette from Stamford Bridge
* KitKat Chunky bar - 3
* 2 ready salted crisps - just one next time, try nuts instead (unless your allergic then scrap that)
* 1 cup of hot chocolate - not that great, but you don't have it often so its okay :)
* 2 bottles of 500ml water

Dinner

* 1 Large BBQ Duck Noodles - you know
* 1 bottle of 750ml water.

Sunday 27/02/17 (Family Day Out)

I was supposed to work at Twickenham but was turned away

Breakfast

* 1 southern fried chicken wrap
* 1 walkers baked cheese and onion crisps - check contents
* 1 750ml bottle of water

Lunch

* Mushroom, cheese and spinach Calzone from F&B.

Dinner

* Na

even a bowl of fruit salad would be better than nothing. you consumed alot of cookies, muffins and chocolate bars this week try not to over have them during the week. they are suppose to be a treat, remember a chocolate bar can be the same as 1 meal/2 meals worth of calories.