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

Monday 27/02/17

Breakfast

* Harvester Breakfast (2 Sausages, 2 Bacon, 2 Hash Brown, 1 Mushroom, 1 Baked Beans, 1 Fried Egg, 1 Chips -chip and hash browns are the bad things the rest is okay

Lunch

* 1 large Cappuccino from costa -eat something with it!

Dinner

* 2 pieces of toasted wholemeal bread
* 2 pieces of breaded ham
* 2 tomatoes
* 1 apple
* 1 bottle of 500ml water

Tuesday 28/02/17 (Pancake Day)

Breakfast

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

Lunch

* 1 Chicken Salad sandwich
* Bottle of Buxton water 500ml
* 1 bounty trio bar - 1
* 1 snickers due bar- 2

Dinner

* 6 Pancakes (No toppings)

The chocolate bars and pancakes are really not good to consume so much in one day. Try to spread them out 3 maximum in a week.

Wednesday 01/03/17

Breakfast

* 1 large cappuccino from McDonald’s
* 1 Sausage Bap - its okay

Lunch

* 1 Large Papa John’s pizza (red pepper, ham, Pineapple, BBQ base)
* 1 ltr of Buxton water

Dinner

* 3 celery stalks
* 2 tomatoes
* 1 red pepper
* 1 pouch of Mexican spicy rice
* 2 spring onions
* 3 pieces of toasted wholemeal bread
* 2 pieces of breaded ham
* 500ml bottle of water

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 02/03/17 (Day before Assignment hand INS))

Breakfast

* 1 large McDonald’s Cappuccino
* 2 crumpets

Afternoon

* 1 Bounty bar - 3
* 1 Twix bar - 4
* 1 Maltesers pouch - 5
* 1 bottle of oasis blackcurrant

Dinner

* 1 Large Papa John’s Pizza (Ham, Red Onions, Red Pepper, Chicken, BBQ base) -
* I did share this between three people - thats okay

Friday 03/03/17

Breakfast

* 1 Large Cappuccino from McDonald’s - fruit, porridge, cereal or granola bar, please eat something

Lunch

* 1 Chick Salad Sandwich
* 1 McCoy’s Paprika crisps- check contents
* 500ml bottle of water
* 1 bounty trio - 6

Dinner

* 2 apples
* 1 cup of tea
* 200ml orange juice
* 2 crumpets
* 1 toasted wholemeal bread
* 2 slices of breaded ham

Saturday 04/03/17 (Working from 4:15pm – 11:00pm)

Breakfast

* 1 apple
* 1 banana

Lunch

* 7 item fry up (1 Sausage, 2 Bacon, 1 Baked Beans, 1 Mushrooms, 1 Chips, 1 Fried Egg) -just the chips are bad

Dinner

* 4 200ml cups of coke zero (Whist at work)
* ½ twix extra - 6 1/2

Sunday 05/03/17

Breakfast

* Bowl of rice krispies with semi skimmed milk - semi skimmed is fine

Lunch

* 1 apple and cinnamon first class cookie - granola bar instead of cookie
* 1 shortbread first class cookie - granola bar instead of cookie
* 1 cup of tea

Dinner

* 1 low fat chicken leg
* A mix of carrot, peas, green beans veg
* 4 small baked potatoes

Perfect :)

6 1/2 chocolate bars in one week thats 3000 -3500 extra calories not needed, try not to have so many.