**13/03/17 – 19/03/17 Food Consumption Diary Entry**

Monday 13/03/17 (working from 14:00 to 22:00)

Breakfast

* 1 foot long subway which includes: - actually okay because it is at the start of the day and the fillings are healthy
* 2 beef
* Lettuce
* Onions
* Tomatoes
* Sweetcorn
* Gurkins
* BBQ Sause.
* 1 cup of coffee

Lunch

* 1 ham and cheese baguette
* 2 ready salted crisps - 1 would be enough
* One Twix bar - once a week - 3 times is okay
* 3 bottles of water - perfect

Dinner

please eat something

Tuesday 14/03/17

Breakfast

please eat !

Lunch

* One bowl of mini chicken dumplings
* 1 bottle of water

Afternoon (Went to the cinema with sister)

* 1 bottle of 700ml strawberry water
* 1 bottle of 700ml water
* 1 £1 worth of Oreos - 1/4 of the pack

Dinner

* One bowl of pasta with ketchup
* 1 apple

Wednesday 15/03/17

Breakfast

* 1 ham and cheese baguette
* 1 tall cappuccino
* 1 cup of tea

Lunch

* 1 double cheese burger - you know
* 1 bottle of citrus oasis - juice is better
* 2 chocolate chip and orange first cookie. - not very good high in sugar and calories

Afternoon

* 1 can of Monster The doctor
* 1 snickers duo
* 1 bounty trio

you already know what i will say, not so many chocolate bars in one go.

Dinner

* Charlie Bigham’s Meatballs Al Forno
* 2 cups of tea

Thursday 16/03/17

Breakfast

* One large cappuccino - fruit, porridge, granola bar or cereal as well please

Afternoon

* 1 medium pizza from papa johns (BBQ base, chicken, onion and red pepers)
* 1/3 or £1 Oreo packet - treat yourself
* 1 litre of Buxton water

Dinner

* 1 Sainsbury’s chicken lasagne
* 2 pieces of toasted wholemeal toast - not with lasagne as it has pasta already
* 2 cups of Tropicana orange juice
* 2 green apples

Friday 17/03/17

Breakfast

* 1 large Cappuccino
* 1 bacon bap - this is okay

Lunch

* Large BBQ bacon wrap
* Large fries
* Large oasis summer fruits
* Cheese burger

alternative,

drink: water, drench, juice, tea?

eat: mixed salad with chicken and boiled potatoes, chicken wrap with lettuce and tomato, sausage bap

Dinner

* 1 600ml Cobra bottle

eat something, even if just a banana

Saturday 18/03/17 (Working from 15:15pm to 23:30pm)

Breakfast

* 1 pork sausage, 3 hash browns, baked beans, chips, 2 bacon, 2 buttered toast

hash browns and chips are the bad things

Lunch

Afternoon

* 3 cups of 200ml diet coke
* 2 kitkat chuncies

Dinner

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

Breakfast

* 4 low fat hand sized pancakes

Lunch

please eat

Afternoon

* 3 cups of tea (skimmed milk & no sugar)
* 2 red apples

Dinner

* Homemade beef stew with potatoes, carrots and peas.

sounds lovely