**06/02/17-13/02/17 food consumption diary**

**Monday 06/02/17-**

Breakfast

* Ham and Cheese Baguette with apple juice from Greggs.
* Tall Latte from Starbucks.

Lunch

* 3 pieces of seed sensations toasted bread
* 2 slices of honey roast ham.
* 2 Sainsbury’s basic crumpets
* 1 green delicious apple.
* 1 bottle of Evian water

Dinner

* 2 pieces of seed sensations toasted bread
* 1 green delicious apple
* 1/3 of cucumber
* 2 celery stalks

Try not to consume so much bread in one day as it breaks down as sugar in your body causing weight gain, try an alternative such as potato (boiled/baked) or pasta

**Tuesday 07/02/17-**

Breakfast

* Harvester Breakfast ( 2 pork sausages, 2 bacon, chips, beans, 2 hash browns, fried egg) - the chips and the hash browns are the only really bad things about this meal
* 3 cups of tea from Harvester - tea is fine just watch the milk as to much dairy can lead to bloating in the morning

Dinner

* 1 pouch of spicy Mexican rice (Uncle Bens)
* 4 celery stalks
* 1 red pepper
* 2 spring onions
* 2 tomatoes
* 1/3 cucumber
* 3 pieces of seed sensation toasted bread
* 2 pieces of honey roast ham
* 2 cups of tea (no sugar with skimmed milk)

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 08/02/17-**

Breakfast

* 2 Sainsbury’s basic crumpets
* 1 large toffee latte from Mc’Donalds

Lunch (Unhealthy Meal per week)

* 1 large Papa John’s Pizza (Barbeque base, ham, chicken, onions) - once a week no problem
* 1 bottle of Evian water

Dinner

* 1 pouch of spicy Mexican rice (Uncle Bens)
* 3 celery stalks
* 1 red pepper
* 2 spring onions
* 1 tomatoes
* 1/3 cucumber
* 3 pieces of seed sensation toasted bread
* 2 pieces of honey roast ham
* 2 cups of tea (no sugar with skimmed milk)
* 1 green delicious apple

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 09/02/17(Chill day Per Week)-**

Breakfast

* 1 sausage bap - this is actually okay
* 1 large latte from McDonalds

Lunch

* 1 chicken, lettuce, bacon and tomato sandwich
* 1 McCoy paprika chrips
* 1 bottle of Evian water

Dinner

* 1 pouch of spicy Mexican rice (Uncle Bens)
* 3 celery stalks
* 1 red pepper
* 2 spring onions
* 1 tomatoes
* 1/3 cucumber
* 3 pieces of seed sensation toasted bread
* 2 pieces of honey roast ham
* 1 bottle of Strawberry flavoured water - this is okay a little bit of sweet water is nice

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.

Cinema

* 1 Large Coke Zero
* 1 McDonalds apple pie

**Friday 10/02/17-**

Breakfast

* 2 Sainsbury’s basics crumpets
* 1 large McDonalds latte

Lunch

* 1 bacon bap
* Bounty trio chocolate - you know :)
* 1 bottle of Evian water

Dinner

* McDonalds Spicy wrap meal
* 1 cheese burger
* 1 large Oasis drink

you know :)