# 06/03/17 – 12/03/17 Food Consumption Diary Entry

## Monday 06/03/17

Breakfast

* 1 Cheese and Ham Baguette from Greggs
* 1 Tall Cappuccino from Starbucks

Lunch (Stuck on train)

* 2 apple and cinnamon cookies
* 1 chocolate chip and orage cookie
* 2 green apples
* 1 banana
* 2 cups of tea (no sugar)
* 1 bootle of 200ml water

Dinner

* 4 homemade low fat meatballs
* Homemade bolonase sause
* ½ of fresh spaggetti pouch from sainsburys

## Tuesday 07/03/17

Breakfast

Lunch

* 1 BBQ and bacon wrap from Mcdonalds
* 1 Large fries
* 1 cheese burger
* 1 sweat and sour dip
* 1 large oasis

Dinner

* 4 homemade low fat meatballs
* Homemade bolonase sause
* ½ of fresh spaggetti pouch from sainsburys

## Wednesday 08/03/17

Breakfast

* 1 large cappuccino from McDonald’s

Lunch

* 1 Medium Papa John’s pizza, Stuffed Crust (red pepper, onions and chicken)
* 1 ltr of Buxton water

Dinner

* Ham Toasty with wholemeal bread
* 6 slices of cucumber
* 1 cup of tea

## Thursday 09/03/17

Breakfast

* 1 large Cappochino from Mcdonalds
* 1 hash brown
* 1 sausage, egg and cheese bagel

Afternoon

* 1 BLT sandwich
* 1 ready salted crisps
* 1 coke zero

Dinner

* 1 pouch of mexican chilli rice
* 8 slices of cucumber
* 1 orange pepper
* 2 tomatoes
* 3 celery stalks
* 3 spring onions
* 3 potatoes

## Friday 10/03/17

Breakfast

* 1 Large cappochino

Lunch

* 1 chicken salad sandwich
* 1 packet of sensations crisps
* 1 coke cherry

Dinner

* 2 regular scotch eggs
* ¾ of 1ltr bottle of cobra beer

## Saturday 11/03/17 (Working from 08:00 to 22:30)

Breakfast

* 1 Large Cappochino
* 1 hash brown
* 1 sausage, cheese and egg bagel

Lunch

* 1 chicken, mayo and sweetcorn sandwich
* mccoys papricka crisps
* 1 bottle of evian water
* 4 maryland cookies

Afternoon

* 1 packet of chocolate buttons
* 2 waffles from Twickenham hospitality.

Dinner (Got stuck on the train till 1am)

* 1 regular fries
* 1 Big Mac

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

Breakfast

* 1 pork sausage
* 2 bacon
* 1 fried egg
* Chips
* 2 hash browns
* Baked beans

Lunch

* Chicken sandwich
* 1 chocolate chip cookie
* 3 200ml cups of diet coke

Dinner