# **13/02/17-19/02/17 Food Consumption Diary**

## Monday 13/02/17

Breakfast

* Ham and Cheese baguette from Greggs
* 1 Starbucks Latte
* 1 chocolate chip and orange cookie
* 1 chocolate chip and stem ginger cookie

Lunch

* 2 pieces of toasted wholemeal toast
* 2 crumpets
* 1 apple
* 2 cups of tea

Dinner

* 3 pieces of wholemeal toast
* 2 celery stalks
* 2 tomatoes
* 1 red pepper
* 2 spring onions
* 1 pouch of spicy Mexican rice

## Tuesday 14/02/17

Breakfast

* 1 cup of tea
* 2 crumpets

Lunch

* 1 bacon, tomato and lettuce sandwich
* 1 packet of cheese and onion crisps
* 1 bottle of coke zero

Dinner

* 3 pieces of wholemeal toast
* 3 celery stalks
* 1 tomato
* 1 red pepper
* 3 spring onions
* 1 pouch of spicy Mexican rice
* **4 potatoes**

## Wednesday 15/02/17

Breakfast

* 1 Large McDonalds Latte
* Apple and Cinamon cookie

Lunch

* 1 large Papa John’s pizza (chicken, onion and red pepper)
* 1ltr of Buxton water

Dinner

* Tower Burger meal from KFC due to it being my mates birthday
* 1 regular krushem
* 1 green apple

## Thursday 16/02/17

Breakfast

* 1 Large Latte from McDonalds
* 2 crumpets

Lunch

* 1 six inch subway (big beef melt) with lettuce, onion, sweetcorn, gurkins and bbq sauce.
* 1 drench orange bottle 500ml

Dinner

* 3 pieces of wholemeal buttered toast
* 2 pieces of ham
* 3 celery stalks
* 1 yellow pepper
* 2 spring onions
* 2 Sainsbury’s tomatoes
* ½ a cucumber
* 1bottle of lemon and lime flavoured water 500ml
* ½ bottle of summer fruits oasis
* 1 apple

## Friday 17/02/17

Breakfast

* 1 large Latte from McDonalds

Lunch

* 1 medium pizza (tomato base with chicken, onion and red pepper)
* 1 bottle of Buxton water 1lt

Dinner

* 4 pieces of wholemeal toast with butter
* 1 golden delicious apple

Evening (Went out clubbing)

* 1 McDonalds BBQ wrap and fries
* 1 large summer fruits oasis
* 3 double shot vodka orange
* 2 glasses of yage bombs

## Saturday 18/02/17 (Working from 16:00-22:30)

Breakfast (I was hungover)

* Sausage, egg and bacon bagel meal from McDonalds
* 2 hash browns McDonalds
* 1 regular latte

Lunch

* Kaspas vanilla and instant hardening chocolate sundae
* 500ml bottle of water

Dinner

* 1 whole ckicken leg
* Mash potatoes
* P&Q gravey
* Carrots and peas

## Sunday 19/02/17 (Working 11:30-15:30)

Breakfast

* 2 bacon, one port sausage, chips and beans
* 1 cup of tea with no sugar

Lunch

* 1 Tesco BLT sandwich
* 1 bottle of Buxton water 500m

Dinner (went to the cinema with my sister)

* 1 medium popcorn
* ½ of large coke zero