# 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:
* 2 beef
* Lettuce
* Onions
* Tomatoes
* Sweetcorn
* Gurkins
* BBQ sause.
* 1 cup of coffee

Lunch

* 1 ham and chhese bagette
* 2 ready salted crisps
* One twix bar
* 3 bottles of water

Dinner

## Tuesday 14/03/17

Breakfast

Lunch

* One bowl of mini chicken dumblings
* 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 Oreoes

Dinner

* One bowl of pasta with ketchup
* 1 apple

## Wednesday 15/03/17

Breakfast

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

Lunch

* 1 double cheese burger
* 1 bottle of citrus oasis
* 2 chocolate chip and orange first cookie.

Dinner

## Thursday 09/03/17

Breakfast

Afternoon

Dinner

## Friday 10/03/17

Breakfast

Lunch

Dinner

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

Breakfast

Lunch

Afternoon

Dinner

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

Breakfast

Lunch

Dinner