# 27/02/17 – 05/03/17 Food Consumption Diary Entry

## Monday 27/02/17

Breakfast

* 1 ham and cheese baguette from Greggs
* 1 medium cappuccino from Greggs
* 1 shortbread first class cookie

Lunch

* 3 pieces of toasted wholemeal bread
* 2 piece of breaded ham
* 1 apple
* 1 banana
* ½ summer fruits oasis

Dinner

* 2 pieces of toasted wholemeal bread
* 2 pieces of breaded ham
* 5 potatoes
* 1 apple
* 1 banana
* ¾ bottle of Buxton water 1ltr

## Tuesday 21/02/17

Breakfast

* 2 crumpets with butter
* 1 cup of tea
* 1 large cappuccino from McDonald’s

Lunch

* 1 BLT sandwich
* Bottle of Highland water 500ml
* 1 bounty trio bar
* 1 snickers due bar

Dinner

* 2 celery stalks
* 2 tomatoes
* 1/3 cucumber
* 1 green pepper
* 1 pouch of Mexican spicy rice
* 2 spring onions
* 3 pieces of toasted wholemeal bread
* 2 pieces of breaded ham
* 2 cups of tea

## Wednesday 22/02/17

Breakfast

* 1 large cappuccino from McDonald’s

Lunch

* 1 medium Papa John’s pizza (red pepper, onions, chicken and tomato base)
* 1 ltr of Buxton water
* ¾ of 200g Maryland’s chocolate chip cookies

Dinner

* 2 celery stalks
* 2 tomatoes
* 1/3 cucumber
* 1 red pepper
* 1 pouch of Mexican spicy rice
* 2 spring onions
* 3 pieces of toasted wholemeal bread
* 2 pieces of breaded ham
* 2 cups of tea

## Thursday 23/02/17 (Student Night)

Breakfast

* 1 large McDonald’s Cappuccino
* 2 crumpets

Lunch

* 1 BLT sandwich
* 1 packet of cheese and onion crisps
* 1 bottle of 500ml water.

Dinner

* 1 BBQ wrap from McDonald’s
* 1 large oasis summer fruits
* 1 large chips

Late Night

* 1 large Kebab meat and chips

## Friday 24/02/17

Breakfast

* 2 cups of tea
* 2 pieces of toasted wholemeal toast
* What was left of my kebab from the previous night

Lunch

* 1 apple
* 2 crumpets
* 1 bottle of 500ml water

Dinner

## Saturday 25/02/17 (Working from 10:00am – 7:00pm)

Breakfast

* Tall Latte from Starbucks
* Raspberry and White chocolate Muffin from Starbucks

Lunch

* Ham and Cheese Baguette from Stamford Bridge
* KitKat Chunky bar
* 2 ready salted crisps
* 1 cup of hot chocolate
* 2 bottles of 500ml water

Dinner

* 1 Large BBQ Duck Noodles
* 1 bottle of 750ml water.

## Sunday 27/02/17 (Family Day Out)

I was supposed to work at Twickenham but was turned away

Breakfast

* 1 southern fried chicken wrap
* 1 walkers baked cheese and onion crisps
* 1 750ml bottle of water

Lunch

* Mushroom, cheese and spinach Calzone from F&B.

Dinner

* Na