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

## Monday 27/02/17

Breakfast

* Harvester Breakfast (2 Sausages, 2 Bacon, 2 Hash Brown, 1 Mushroom, 1 Baked Beans, 1 Fried Egg, 1 Chips

Lunch

* 1 large Cappuccino from costa

Dinner

* 2 pieces of toasted wholemeal bread
* 2 pieces of breaded ham
* 2 tomatoes
* 1 apple
* 1 bottle of 500ml water

## Tuesday 28/02/17 (Pancake Day)

Breakfast

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

Lunch

* 1 Chicken Salad sandwich
* Bottle of Buxton water 500ml
* 1 bounty trio bar
* 1 snickers due bar

Dinner

* 6 Pancakes (No toppings)

## Wednesday 01/03/17

Breakfast

* 1 large cappuccino from McDonald’s
* 1 Sausage Bap

Lunch

* 1 Large Papa John’s pizza (red pepper, ham, Pineapple, BBQ base)
* 1 ltr of Buxton water

Dinner

* 3 celery stalks
* 2 tomatoes
* 1 red pepper
* 1 pouch of Mexican spicy rice
* 2 spring onions
* 3 pieces of toasted wholemeal bread
* 2 pieces of breaded ham
* 500ml bottle of water

## Thursday 02/03/17 (Day before Assignment hand INS))

Breakfast

* 1 large McDonald’s Cappuccino
* 2 crumpets

Afternoon

* 1 Bounty bar
* 1 Twix bar
* 1 Maltesers pouch
* 1 bottle of oasis blackcurrant

Dinner

* 1 Large Papa John’s Pizza (Ham, Red Onions, Red Pepper, Chicken, BBQ base)
* I did share this between three people

## Friday 03/03/17

Breakfast

* 1 Large Cappuccino from McDonald’s

Lunch

* 1 Chick Salad Sandwich
* 1 McCoy’s Paprika crisps
* 500ml bottle of water
* 1 bounty trio

Dinner

* 2 apples
* 1 cup of tea
* 200ml orange juice
* 2 crumpets
* 1 toasted wholemeal bread
* 2 slices of breaded ham

## Saturday 04/03/17 (Working from 4:15pm – 11:00pm)

Breakfast

* 1 apple
* 1 banana

Lunch

* 7 item fry up (1 Sausage, 2 Bacon, 1 Baked Beans, 1 Mushrooms, 1 Chips, 1 Fried Egg)

Dinner

* 4 200ml cups of coke zero (Whist at work)
* ½ twix extra

## Sunday 05/03/17

Breakfast

* Bowl of rice krispies with semi skimmed milk

Lunch

* 1 apple and cinnamon first class cookie
* 1 shortbread first class cookie
* 1 cup of tea

Dinner

* 1 low fat chicken leg
* A mix of carrot, peas, green beans veg
* 4 small baked potatoes