# Exercise 03/04/17 to 09/03/17 Food Consumption Entry

## Monday 03/04/17

Breakfast

* 1 bowl of special k original
* 1 cup of tea

Lunch

* 2 Quorn sausage rolls
* 1 apple

Dinner

* 1 grilled chicken and garlic wrap
* 1 large chips
* 1 cheese burger
* 1 large oasis

## Tuesday 04/04/17

Breakfast

* 2 cups of tea

Lunch

* 2 toasted bagels with ham and butter

Dinner

* Grilled spicy chicken, lettuce, yellow pepper and green runner bean sandwich

## Wednesday 05/04/17 (Working from 15:00pm to 23:00pm)

Breakfast

* 1 bowl of coco pops
* 1 glass of water

Lunch

* 1 blueberry and lime drench 500ml
* Grilled spicy chicken, sweetcorn, yellow peppers, green beans, red onions and green leaves salad

Afternoon

* 2 plain croissants
* 1 Twix extra
* 1 Mars duo
* 2 bottles of water

Dinner

## Thursday 06/04/17

Breakfast

* 1 Alpen light 70cals
* 1 cup of tea

Lunch

* 1 fried egg, 1 potion of mushrooms, 2 pieces of bacon, 2 grilled tomatoes, one sausage, 1 potion of beans
* 1 cup of tea

Afternoon

* 1 apple
* 2 cups of tea
* 250ml of mango and apple juice

Dinner

* 1 homemade beef burger with red onions, lettuce, tomatoes, cheddar and spring onions
* Homemade chips
* 25g of ketchup

## Friday 07/04/17 (went out from 21:00pm to 02:00am)

Breakfast

* 2 scotch eggs

Afternoon

* 1 white chocolate mocha
* 1 blueberry sugar free Volvic water

Lunch

* 3 slices of wholemeal toast
* 1 tomato
* 2 spring onions
* 3 slices of cheddar cheese

Dinner

* Bowl of spaghetti
* 200ml of mango and apple juice

Evening

* 1 bottle of Budweiser
* 1 double shot vodka cranberry juice
* 1 double shot vodka orange juice
* 2 banana

## Saturday 08/04/17 (Working from 07:00am to 21:00pm)

Breakfast

* 1 sausage and egg bagel
* 1 fruit bag
* 1 medium cappuccino

Lunch

* Chicken, mayo and sweetcorn sandwich
* 4 slices or watermelon
* 1 blackcurrant light Ribena
* McCoy’s paprika crisps
* 2 granola cookies

Dinner

* Mushrooms, potato mash, cream Sause
* 1 glass of apple juice

## Sunday 02/04/17

Breakfast

* Slices of maceral
* Avocado
* Scrambled eggs
* 2 slices of wholemeal toast

Lunch

* BBQ, bacon wrap
* 1 fruit bag
* 1 large oasis
* 1 mcflurry

Afternoon

* 2 apple pies from McDonalds

Dinner

* 1 bowl of port dumplings