# Food Consumption 10/04/17 to 16/04/17 Diary Entry

## Monday 10/04/17

Breakfast

* 1 large cappuccino

Lunch

* 1 large Papa Johns (BBQ base, sweetcorn, chicken, ham)
* 1 litter bottle of Buxton water

Afternoon

* 1 Mc-flurry (instant win monopoly)

Dinner

* Sainsbury’s sausage pasta bake
* 2 cups of orange juice

## Tuesday 11/04/17

Breakfast

* 1 ham and cheese baguette
* 1 large cappuccino

Lunch

* Chicken, mayo and sweetcorn sandwich
* 1 litter of Buxton water
* 1 apple and grape fruit bag

Afternoon

* 1 cream egg Easter egg

Dinner

* Sainsbury’s spaghetti meatballs
* 2 slices of toasted wholemeal toast

## Wednesday 12/04/17

Breakfast

* 1 cup of tea
* 1 apple

Lunch

* 1 mocha
* 2 pieces of wholemeal toast with ham

Dinner

* 1 plate of spaghetti, low fat mince, onions, yellow peppers and tomato Sause

## Thursday 13/04/17

Breakfast

* 1 bowl of grapes

Lunch

* I bowl of port dumplings

Dinner

* 1 garlic mayo, grilled chicken and lettuce wrap
* 1 large fries
* 1 large oasis
* 1 McFlurry

Evening

* 1 bottle of corona

## Friday 14/04/17 (took sister to McDonald’s)

Breakfast

Lunch

* 1 garlic mayo, grilled chicken and lettuce wrap
* 1 large fries
* 1 large oasis
* 1 McFlurry

Dinner

* Spaghetti
* Beef mince with tomato sauce
* Broccoli, peas
* Cauliflower, carrots
* 3 slices of corn bread with butter
* Quorn chicken sausages x 3

## Saturday 15/04/17

Breakfast

Lunch

* 1 meatball, tomato sauce, red chillies, red peppers calzone from ZIZI
* 500ml of water

Afternoon

* 1 apple
* 1 banana
* 2 cups of tea

Evening

* 2 small port pies
* 2 coronas

## Sunday 16/04/17 (working from 17:15 to 22:30)

Breakfast

* 2 slices of Rye bread with butter

Lunch

* 2 x 7 inch pizza with ham and pineapple tomato base

Afternoon

* 1 x 250ml of coke
* 1 x small portion of fries

Dinner