# Food Consumption Diary Entry 17/04/17 to 23/04/17

## Monday 17/04/17

Breakfast

* 1x mocha

Lunch

* Chicken, mayo and sweetcorn sandwich
* 1 fruit bag (grapes and apples)
* 1 Ribena light

Afternoon

* 2 x double vodka orange
* 1 x corona
* 1 x sol

Dinner

* 1 bowl of spaghetti
* 50g of ketchup

## Tuesday 18/04/17 (working from 17:15 to 23:45)

Breakfast

* 1 x apple
* 1 bottle of 500ml water

Lunch

* Zapparoli Romania pizza (pizza express)
* Calamari for 2 (pizza express)

Dinner

Evening

* Chicken, carrot and potato soup
* 1 x apple

## Wednesday 29/03/17

Breakfast

Lunch

Dinner

Evening

## Thursday 30/03/17

Breakfast

Lunch

Afternoon

Dinner

## Friday 31/03/17

Breakfast

Lunch

Dinner

Evening

## Saturday 01/04/17

Breakfast

Lunch

Afternoon

Dinner

## Sunday 02/04/17

Breakfast

Lunch

Afternoon

Dinner