# Food Consumption Diary Entry 24/04/17 to 30/04/17

## Monday 24/04/17

Breakfast

* 1 ham and cheese baguette from Greggs
* 1 tall cappuccino from Starbucks
* 200ml of orange juice

Lunch

* 3 slices of wholemeal toast with ham and butter
* 1 apple
* 1 apple and cinnamon cookie

Dinner

* 1 piece of chicken breast
* 100g of sweetcorn
* ¼ of cucumber
* ¾ of red pepper

## Tuesday 25/04/17

Breakfast (Harvester Bfast)

* 2 pork sausages
* 2 bacon
* 2 fried eggs
* 2 hash browns
* Sweet potato chips
* Beans
* 2 tomatoes
* 2 cups of tea with no sugar

Lunch

Dinner

## 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