# 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
* 145g of sweetcorn
* ¼ cucumber
* ¼ red pepper
* ½ yellow pepper
* Mange tout (Handful)
* Spinach (Handful)
* 2 slices of toast with butter

## 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

Dinner

* 1 piece of chicken breast
* 145g of sweetcorn
* ¼ cucumber
* ¼ red pepper
* ½ yellow pepper
* Mange tout (Handful)
* Spinach (Handful)
* 2 slices of toast with butter and ham
* 300ml of apple juice

## Wednesday 26/04/17

Breakfast

* 1 apple
* 1 regular caramel latte

Lunch

* 1 large Papa John’s Pizza (BBQ base, red peppers, onions and chicken)
* 1 litre bottle of water

Afternoon

* 1 monster energy the doctor

Dinner

* 1 piece of chicken breast
* 145g of sweetcorn
* ¼ cucumber
* ¼ green pepper
* ½ yellow pepper
* Mange tout (Handful)
* Spinach (Handful)
* 2 slices of toast with butter and ham

Evening

* 250g of green seedless grapes
* 1 cup of tea

## Thursday 27/04/17

Breakfast

* 1 regular cappuccino
* 1 blueberry muffin (Instant win)

Lunch

* 1 BBQ chicken with lettuce wrap
* 1 fruit bag (apples and grapes)
* 1 litre bottle of water

Afternoon

* 1 monster energy the doctor
* 1 sausage bap

Dinner

* 1 piece of chicken breast
* 145g of sweetcorn
* ¼ cucumber
* ½ green pepper
* Mange tout (Handful)
* Spinach (Handful)
* 2 slices of toast with butter and ham

Evening

* 1 apple
* 250g of green seedless grapes
* 2 cups of tea with no sugar

## Friday 28/04/17

Breakfast

* 1 large cappuccino

Lunch

* 12 inch subway (big beef melt
* Lettuce
* Red onions
* Sweetcorn
* Tomatoes
* Gurkins
* BBQ sause
* Drench peach and mango

Afternoon

* 1 monster energy the doctor
* Mars due
* Bounty Trio

Dinner

* 1 bowl of pork dumplings
* 3 pieces of brown toast with ham and butter
* 1 cup of tea

Evening

* 1 cup of tea
* 200ml of water
* 1 cheddar and onion crisps

## Saturday 29/04/17

Breakfast

* 1 cup of tea

Lunch

* 12 inch white Baguette with bacon and sausage
* Portion of chips
* Glass of latte
* Portion of coleslaw

Afternoon

* 1 cup of tea

Dinner **(Antony Joshua fight)**

* Double cheese burger
* Lettuce, onions, tomatoes, cucumber
* Fries
* 3 garlic bread slices
* Regular coke can
* 3 x 330ml Corona

## Sunday 30/04/17

Breakfast

* 1 toasted bagel
* 1 cup of tea

Lunch

* 2 slices of toasted bread with ham

Afternoon

* 1 apple
* 2 cups of tea

Dinner

* Large noodles with BBQ pork
* 1 500ml bottle of water
* ¼ bag of prawn crackers