# Food Consumption Diary Entry 03/07/17 to 09/07/17

## Monday 03/07/17 (working from 17:15 till 23:00)

Breakfast

* 1x white toasted bagel with butter
* 1x slice of cooked ham
* 1x apple
* 250ml water

Lunch

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

Afternoon

* 1x BBQ chicken
* 2x 500ml bottle water
* 1x apple

Dinner

* Portion of fries from 02

Evening

* 1 cup of tea
* 200ml coke post mix

## Tuesday 06/06/17

Breakfast

* 1 cup of tea
* 1 toasted bagel with butter and ham

Lunch

* Spicy pasta pot from Sainsbury
* 1 McCoy’s paprika crisps
* 1x 500ml bottle of coke zero

Dinner

* 2x BBQ chicken
* Carrots
* Broccoli
* Cauliflower
* 2x wholemeal bread with butter
* Portion of plain rice

Evening

## Wednesday 07/05/17 (went to see old college friends)

Breakfast

* 1 large cappuccino from costa
* 1x belvita breakfast duo crunch strawberry and cream

Lunch

* 1x ultimate burger meal from Weatherspoon’s
* 1x chocolate shortbread sundae
* 1x pint of strongbow dark fruits
* 1x double vodka orange

Afternoon

* 2x 500ml bottle of water

Dinner

* 1x sloppy Giuseppe classic pizza from pizza express
* 1x garlic bread with cheese
* 700ml tap water

Evening

## Thursday 08/06/17 (working from 17:30 till 23:00)

Breakfast

* 2x toasted seeded bread with butter
* 1x belvita breakfast duo crunch strawberry and cream
* 1 cup of tea

Lunch

* 1x pork sausage
* 3x bacon
* Portion of baked beans
* Portion of chips
* 3x hash browns
* 1x fried egg
* 1x latte

Afternoon

* 1x litre bottle of water
* 3x chocolate mint tea biscuits

Dinner

* 2x toasted seeded bread with butter

## Friday 09/06/17 (working from 18:15 to 00:30)

Breakfast

* 1x belvita breakfast duo crunch strawberry and cream
* 1 cup of tea
* 1 apple

Lunch

* BBQ chicken and bacon wrap
* Large fries
* Large oasis

Afternoon

* Large cappuccino

Dinner

* Egg fried rice
* Chicken corma
* 2x naan bread

Evening

* 2x 200ml coke
* 1x 200ml water
* 1x bottle 500ml diet coke

## Saturday 10/06/17 (working from 12:00 till 00:00)

Breakfast

* Sausage, egg and cheese bagel
* 1 large latte
* 1 hash brown

Lunch

* 1x spicy pasta bowl
* 1x cheese and onion walkers baked crisps
* 1x bottle of summer fruits oasis

Afternoon

* 3x bottle of 500ml water
* 1x watermelon chunks

Dinner

* 2x slice of margarita pizza
* One serving spoon of coleslaw
* 2x white bread slices
* Special fried rice
* Chocolate ice cream judes pot 120ml
* Vanilla ice cream pot judes 120ml

Evening

## Sunday 11/06/17 (working from 12:00 till 11:30)

Breakfast

* 1x sausage roll from Sainsbury
* 1x cappuccino from Sainsbury

Lunch

* 1x spicy pasta bowl
* 1x cheese and onion walkers baked crisps
* 1x bottle of Evian water 700ml

Afternoon

* 2x bottles of water 500ml

Dinner

* 1x beef burger (burger only)
* One serving spoon of coleslaw
* 3x white bread slices
* Special fried rice
* Salted caramel ice cream judes pot 120ml
* Raspberry ripple ice cream pot judes 120ml

Evening