# Food Consumption Diary Entry 17/07/17 to 23/07/17

## Monday 17/07/17 (working from 17:30 till 00:00)

Breakfast

* 2x seeded toasted bread with butter
* 2x slices of cooked ham
* 1 cup of tea
* 1x Belvita Red Berries soft bake

Lunch

* 1x Big Tasty from McDonalds
* Large fruit bag
* Large oasis
* 1x crunchy mc flurry

Afternoon

* 1x plain naan bread
* 200ml coke
* 200ml orange juice

Dinner

* Spaghetti spicy pot from Tesco
* Fruit bag from Tesco
* Ribena light mango and lime

Evening

* 1x apple
* 1x banana
* 1x cup of tea

## Tuesday 18/07/17 (went to see friends from uni)

Breakfast

* 1x sausage and bacon baguette with ketchup
* 1 large hot chocolate from Greggs

Lunch

* 1x Big Tasty
* 1x large fries
* 1x large oasis

Afternoon

* Large coke zero from cineworld

Dinner

* 2x pieces of seeded bread with butter
* 2x slices of cooked ham
* 3x mini chicken sausages with ketchup

Evening

## Wednesday 19/07/17

Breakfast

* 1xDanish maple and pecan twist
* 1x large cappuccino

Lunch

* 1x pot of chicken spicy pasta
* 1x quavers grab bag
* 1 Ribena strawberry light

Afternoon

* 1x apple
* 1 750ml bottle water

Dinner

* Brown rice
* Carrots
* Sweetcorn
* Chicken
* Spring onions
* 2x seeded bread with butter

Evening

* 1x apple
* Kelloggs Special K Red Berry Cereal bar
* 500ml water

## Thursday 20/07/17 (working from 18:00 till 00:00)

Breakfast

* 1 cup of tea
* Kelloggs Nutri-Grain Strawberry
* Belvita Breakfast Honey & Nuts Biscuits

Lunch

* 1x fried egg
* 1x pork sausage
* 2x toasted white bread
* Portion of beans
* Portion of mushrooms

Afternoon

* 100ml coke
* 200ml orange juice

Dinner

* Spicy chicken pasta
* 1x garlic naan
* Apple and grape fruit bag
* Ribena mago and lime sugar free

Evening

* 600ml corona extra

## Friday 21/07/17 (working 15:30 till 22:45)

Breakfast

* 1 cup of tea
* Kelloggs Nutri-Grain Strawberry
* Belvita Breakfast Honey & Nuts Biscuits

Lunch

* 2x bbq chicken
* Sweetcorn
* Spinach
* 3x chopped spring onions
* ½ chopped yellow pepper
* 1 chopped tomato

Afternoon

* 1x costa cappuccino large

Dinner

* 2x 7inch pizza (sweetcorn and chicken/ham and pineapple)

Evening

* 2x 330ml bottle of corona

## Saturday 22/07/17 (working from 16:15 till 23:10)

Breakfast

* 1x plain croissant
* 1x almond croissant
* 1x large latte

Lunch

* Spicy chicken pasta
* Walkers baked cheese and onion
* Ribena mango and lime zero sugar

Afternoon

* Belvita Breakfast Honey & Nuts Biscuits
* 100ml coke

Dinner

* 1x seeded bread with butter
* 1x quorn sausage roll

Evening

## Sunday 23/07/17

Breakfast

* 1 cup of tea
* Kelloggs Nutri-Grain Strawberry
* Belvita Breakfast Honey & Nuts Biscuits

Lunch

* 2x seeded bread with butter
* 2x quorn sausage roll
* 2x slices of cooked ham

Afternoon

* Large Fanta from Cineworld

Dinner

* 1x low fat chicken leg
* Spinach
* Sweetcorn
* 200ml water

Evening