# Food Consumption Diary Entry 24/07/17 to 30/07/17

## Monday 24/07/17 (working from 17:30 till 00:00)

Breakfast

* 1 cup of tea
* 1x Belvita Breakfast Honey & Nuts Biscuits
* 1x apple

Lunch

* 1xDanish maple and pecan twist
* 1x plain croissant
* 1x large vanilla latte

Afternoon

Dinner

* 2x sliced f toasted bread with ham and butter
* 2x quorn sausage rolls

Evening

* ¼ cherry desert naan bread
* 1x Cadbury chocolate with caramel Mc Flurry

## Tuesday 25/07/17

Breakfast

* 2x Warburton’s crumpets
* 1x cup of tea
* 1x Belvita Breakfast cream and yogurt Biscuits

Lunch

* Long chilli cheese burger from Burger king
* 1x can of coke zero

Afternoon

* 1x 750ml bottle of water
* 1x apple
* 1x banana

Dinner

* 2x pancakes stuffed with Chicken and herbs
* Sweetcorn
* Broccoli
* Carrots
* Green beans

Evening

* 2x quorn sausage rolls

## Wednesday 26/07/17

Breakfast

* 1x cup of tea
* Special K Red Berry cereal bar
* 1x Belvita Breakfast Fruit & Fibre Biscuits

Lunch

* Chicken, Bacon and stuffing sandwich
* Walkers baked salt and vinegar
* Ribena passion fruit 15cals

Afternoon

* 1x apple
* 2x toasted seeded bread with butter

Dinner

* 2x liver and herbs burgers
* 2x bbq chicken
* Carrots
* Broccoli
* Sweetcorn
* 2x buttered seeded bread

Evening

* 250ml cappelo cloudy apple

## Thursday 27/07/17 (Indian restaurant staff party)

Breakfast

* 1x cup of tea
* Special K Red Berry cereal bar
* 1x Belvita Breakfast Fruit & Fibre Biscuits

Lunch

* Ham and coleslaw sandwich
* Grape fruit bag
* Ribena blackcurrant

Afternoon

* 750ml bottle of water

Dinner

* Sweat chili crispy chicken wrap from Mc Donald’s
* Large fries
* 1x cheeseburger
* 1x large oasis summer fruits

Evening

* 1x treble vodka and orange
* 1x treble vodka and mango
* 1x treble vodka and cranberry juice
* 1x shot of vodka and espresso
* 1x pint of cobra beer
* 2x double cheese burgers

## Friday 28/07/17

Breakfast

Lunch

Afternoon

Dinner

Evening

## Saturday 29/07/17

Breakfast

Lunch

Afternoon

Dinner

Evening

## Sunday 30/07/17

Breakfast

Lunch

Afternoon

Dinner

Evening