# Food Consumption Diary Entry 05/06/17 to 11/06/17

## Monday 05/06/17 (working from 17:15 to 22:30

Breakfast

* 1x bowl shreddies
* 2x brown toasted bread with butter
* 1x cup of tea

Lunch

* 1x spicy chicken pasta pot from Sainsbury’s
* 1x fruit bag with apple and grapes

Dinner

Evening

* 200ml coke
* 400g watermelon chunks

## Tuesday 06/06/17 (working from 09:30 to 17:00)

Breakfast

* 1x Belvita breakfast cookie cream and milk
* 1x cup of tea

Lunch

* 1x 7inch pizza tomato base with ham and pineapple
* 1x 7inch pizza bbq base with chicken and onion

Afternoon

* 1 large cappuccino with chocolate powder
* 100ml coke
* 400ml watermelon chunks

Dinner

* 4x toasted seeded bread with butter

Evening

## Wednesday 07/05/17 (working from 17:45 to 23:00)

Breakfast

* 1 pork sausage
* 3 grilled tomatoes
* Baked beans
* mushrooms
* 2 bacon
* 1 fried egg
* Latte
* 2x toasted wholemeal bread

Lunch

* 1x chicken, mayo and sweetcorn sandwich
* 1x sweet chilli crisps
* 500ml water

Afternoon

* 1x apple
* 1x banana
* 400g watermelon chunks
* 250ml water

Dinner

* 4x fresh made Pork chunks
* 1x fresh bbq chicken
* ½ breaded 6oz steak
* Broccoli
* Cauliflower
* Carrots
* Green Peas
* 2x spoons full of spaghetti

Evening

* 2 cups of tea

## Thursday 08/06/17 (working from 09:00 till 19:20)

Breakfast

* 1x Belvita breakfast cookie cream and milk
* X kia oval flapjack
* 1x caramel hot chocolate large
* 1x Sainsbury sausage roll
* 1x apple

Lunch

* 100g sweetcorn
* 1x small chopped red pepper
* 3x chopped spring onions
* Handful of spinach
* 4x fresh pork kebab grilled chunks

Afternoon

* 400g watermelon chunks
* 2x small kia oval latte
* 2x 750ml bottle water
* 2x mini onion bagji
* 2x chicken samosa
* 1x 1/8 of 7inch sponge cake

Dinner

* 3x toasted wholemeal bread with butter
* 1x peri peri fresh chicken leg

## Friday 09/06/17

Breakfast

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

Lunch

* 1x spicy chicken pasta pot from Sainsbury’s
* 1x walkers baked cheese and onion crisps
* 1x 750ml bottle water

Afternoon

* 2x apple
* 1x cup of tea

Dinner

* Chicken breast with tomato Sause
* Handful of spaghetti
* Broccoli
* Cauliflower
* Carrots
* Green peas
* 2x seeded bread with butter

Evening

* 2x 330ml corona bottles
* 1x 710ml corona bottle

## Saturday 10/06/17

Breakfast

* 2x Warburton’s crumpets with butter
* 1x cup of tea
* ½ bowl shreddies

Lunch

* Baked potato
* Baked beans
* Grated cheese
* 3x mini garlic bread

Afternoon

* 500ml Ribena strawberry
* 1ltr bottle of water
* 500ml strawberry flavoured water

Dinner

* 12inch pizza BBQ base with onion, ham, chicken and pineapple
* 1x can of tango orange.

Evening

* 1x apple
* 1x cup of tea

## Sunday 11/06/17

Breakfast

* 1x apple
* 1x Belvita breakfast cookie cream and milk
* Natural valley honey oats cereal bar
* 1x sausage roll from Sainsbury’s
* 1x large cappuccino

Lunch

* 75g of low fat Sainsbury coleslaw
* 100g sweetcorn
* 2x bbq chicken drumsticks
* Handful of spinach
* 1x chopped orange pepper
* 3x chopped spring onion
* ¼ chopped cucumber
* 300ml water

Afternoon

* 400ml water
* 2x apples

Dinner

* ¾ large portion of chips from chicken cottage

Evening

* 2x 330ml corona bottles
* 1x pint of Heineken