# Food Consumption Diary Entry 12/06/17 to 18/06/17

## Monday 12/06/17

Breakfast

* 1x Belvita breakfast cookie cream and milk
* 1x cup of tea
* 2x Warburton’s crumpets with butter

Lunch

* 1x spicy chicken pasta pot from Sainsbury’s
* 1x grab bag hula hoops salted
* 500ml bottle of water

Afternoon

* 400g watermelon chunks

Dinner

* Chicken breast with tomato sauce
* 2x beef kebabs
* Handful of potato mash

Evening

* 100ml of Capella apple and elderflower
* 1x cup of tea
* 1x Belvita breakfast cookie cream and milk

## Tuesday 06/06/17 (watching football)

Breakfast

* Belvita breakfast honey and nuts biscuits
* Nature valley Canadian maple syrup bar
* 1x ham and cheese baguette from Greggs
* 1x regular latte from Greggs

Lunch

* 1x BBQ, bacon, crispy chicken wrap
* Large fries
* Large oasis summer fruits
* 1x dairy milk mcflurry

Afternoon

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

Dinner

* Large BBQ duck noodles
* Medium portion of prawn crackers

Evening

* 2x pint of pepsi

## Wednesday 07/05/17

Breakfast

* Belvita breakfast honey and nuts biscuits
* Nature valley Canadian maple syrup bar
* 1x cup of tea.

Lunch

* 2x seeded slices of toasted bread with butter
* 1x oasis apple and kiwi (500ml)

Afternoon

* 1x apple
* 1x banana

Dinner

* Freshly made chicken burger (no bun)
* Pila rice
* 5x mini chicken sausages

Evening

* 3x mini slices of corn bread with butter

## Thursday 08/06/17 (working from 16:30 till 20:30)

Breakfast

* Nature valley Canadian maple syrup bar
* Large cappuccino from costa
* 1x sausage roll from Sainsbury’s

Lunch

* Portion of beans
* 2x bacon
* 3x grilled tomatoes
* 1x pork sausage
* 1x fried egg
* 1x cup of tea

Afternoon

* 1x 750ml bottle of water
* 1x strawberry and cream Frappuccino

Dinner

* Pasta with ratatouille sauce

## Friday 09/06/17 (working from 17:00 till 22:30)

Breakfast

* Belvita breakfast honey and nuts biscuits
* 1x cup of tea
* 2x Warburton’s crumpets with butter

Lunch

Afternoon

Dinner

Evening

## Saturday 10/06/17

Breakfast

Lunch

Afternoon

Dinner

Evening

## Sunday 11/06/17

Breakfast

Lunch

Afternoon

Dinner

Evening