# 13/03/17 – 19/03/17 Food Consumption Diary Entry

## Monday 13/03/17 (working from 14:00 to 22:00)

Breakfast

* 1 foot long subway which includes:
* 2 beef
* Lettuce
* Onions
* Tomatoes
* Sweetcorn
* Gurkins
* BBQ Sause.
* 1 cup of coffee

Lunch

* 1 ham and cheese baguette
* 2 ready salted crisps
* One Twix bar
* 3 bottles of water

Dinner

## Tuesday 14/03/17

Breakfast

Lunch

* One bowl of mini chicken dumplings
* 1 bottle of water

Afternoon (Went to the cinema with sister)

* 1 bottle of 700ml strawberry water
* 1 bottle of 700ml water
* 1 £1 worth of Oreos

Dinner

* One bowl of pasta with ketchup
* 1 apple

## Wednesday 15/03/17

Breakfast

* 1 ham and cheese baguette
* 1 tall cappuccino
* 1 cup of tea

Lunch

* 1 double cheese burger
* 1 bottle of citrus oasis
* 2 chocolate chip and orange first cookie.

Afternoon

* 1 can of Monster The doctor
* 1 snickers duo
* 1 bounty trio

Dinner

* Charlie Bigham’s Meatballs Al Forno
* 2 cups of tea

## Thursday 16/03/17

Breakfast

* One large cappuccino

Afternoon

* 1 medium pizza from papa johns (BBQ base, chicken, onion and red pepers)
* 1/3 or £1 Oreo packet
* 1 litre of Buxton water

Dinner

* 1 Sainsbury’s chicken lasagne
* 2 pieces of toasted wholemeal toast
* 2 cups of Tropicana orange juice
* 2 green apples

## Friday 17/03/17

Breakfast

* 1 large Cappuccino
* 1 bacon bap

Lunch

* Large BBQ bacon wrap
* Large fries
* Large oasis summer fruits
* Cheese burger

Dinner

* 1 600ml Cobra bottle

## Saturday 18/03/17 (Working from 15:15pm to 23:30pm)

Breakfast

* 1 pork sausage, 3 hash browns, baked beans, chips, 2 bacon, 2 buttered toast

Lunch

Afternoon

* 3 cups of 200ml diet coke
* 2 kitkat chuncies

Dinner

## Sunday 12/03/17 (Working from 14:15 to 22:45)

Breakfast

* 4 low fat hand sized pancakes

Lunch

Afternoon

* 3 cups of tea (skimmed milk & no sugar)
* 2 red apples

Dinner

* Homemade beef stew with potatoes, carrots and peas.