# 20/03/17 – 26/03/17 Food Consumption Diary Entry

## Monday 20/03/17

Breakfast

* 1 ham and cheese toasted baguette
* 1 tall cappuccino
* 1 chicken bake

Lunch

* 2 slices of wholemeal toast
* 1 slice of ham
* 1 bottle of cloudy lemonade.

Dinner

* 1 pouch of uncle bens spicy bean rice
* 3 celery stalks
* 1/3 of cucumber
* 2 spring onions
* 2 tomatoes
* 2 slices of wholemeal toasted bread
* 2 slices of breaded ham
* 1 cloudy apple sparkling water

## Tuesday 21/03/17

Breakfast

* 2 crumpets
* 1 cup of tea

Lunch

* 1 sausage bap
* 2 bottles of water
* 1 packet of skips crisps

Dinner

* 4 potatoes
* 2 cups of tea
* 1 bottle of strawberry and lime drench

## Wednesday 22/03/17

Breakfast

* 1 sausage egg and cheese bagel
* 1 fruit bag (apples and grapes)
* 1 medium cappuccino

Lunch

* 1 large Papa Johns Pizza (BBQ Base, Red Pepper, Chicken, Sweetcorn)
* 1 letre of buxton water

Dinner

* ½ a pouch of Uncle Bens mexican spicy rice
* 3 celery stalks
* ½ cucumber
* 1 red pepper
* 3 spring onions
* 2 pieces of wholemeal toast with butter
* 2 slices of breaded ham

Evening

* 1 apple
* 2 cups of tea
* 600ml of water

## Thursday 23/03/17

Breakfast

* 2 crumpets
* 1 large cappocinno

Lunch

* BLT sandwich
* Prawn cocktail crisps
* 1 diet cherry coke bottle

Afternoon

* 1 peach and apricot yogart
* 2 slices of wholemeal toast with butter

Dinner

* 5 potatoes
* 1 cup of tea
* One apple
* 25g of ketchup

## Friday 24/03/17

Breakfast

* Strawberry and yogart flavoured cereal bar
* 1 large cappocinno

Lunch

* Foot long Subway beeg beaf melt (Friends Birthday)
* Includes lettuce
* Red onions
* Sweetcorn
* Tomatoes
* Gurkins
* BBQ sauce.

Dinner

* One apple
* 3 pieces of toast with ham
* 2 cups of tea

Evening

* 2 apple and cinamon cookies
* 1 ready salted crisps
* 2 200ml bottles of water
* ½ of 600ml bottl eof cobra.

## Saturday 25/03/17 (Working from 17:00pm to 23:30pm)

Breakfast

* 1 cup of tea

Lunch

* 2 pieces of bacon
* 3 fried tomatoes
* Potion of mushrooms
* 2 sausages
* 1 fried egg
* 2 pieces of toasted wholemeal bread.
* 1 cup of coffee

Afternoon

* 3 cups of 200ml coke with ice
* 1 bottle of water
* 2 apple and cinnamon cokies.

Dinner

* ½ medium pizza (BBQ base, chicken ham and onion)
* 1 500ml bottle of water

## Sunday 26/03/17 (Working from 17:00pm to 23:00pm)

Breakfast

* One apple
* 1 cup of tea

Lunch

* One medium sized bowl of chicken dumplings

Afternoon

* 1 cp of 200ml coke with ice
* 2 can mixers of diet coke

Dinner

* 1 BLT sandwich
* ½ packet of kettle ready salted crisps
* 4 cubes of rum and honey flavoured chocolate