# 27/03/17 to 02/04/17 Food Consumption Diary Entry

## Monday 27/03/17

Breakfast

* 1 apple
* 1 cup of tea
* 2 slices of toast

Lunch

* 1 original toasted bagel with ham and butter
* 1 50ml bottle of water

Afternoon

* 3 cups of tea
* 1 banana
* 1 apple

Dinner

* 1 chicken leg
* Carrots
* Peas
* Cauliflower
* Broccoli

## Tuesday 28/03/17

Breakfast

* 1 cheese and ham baguette
* 1 tall cappuccino

Lunch

* 1 large BBQ and bacon wrap
* 1 large fruit bag (includes apples and grapes)
* 1 large oasis summer fruits
* 1 Cadbury mcflurry

Dinner

* 1 pouch of 4 seeded Pila rice
* 2 celery stalks
* 3 spring onions
* 1 red pepper
* 2 slices of wholemeal toast
* 2 slices of chicken
* 1/3 of cucumber.

## Wednesday 29/03/17

Breakfast

* 1 Alpen strawberry and yogurt cereal bar
* 1 banana
* 1 large Latte

Lunch

* 1 large Papa John’s pizza (BBQ base, red pepper, red onions and chicken)
* 1 litre of Buxton water.

Dinner

* 1 apple
* 2 wholemeal toasties
* 2 chicken slices
* 3 cups of tea

## Thursday 30/03/17

Breakfast

* 1 strawberry yogurt
* 1 Alpen strawberry and yogurt cereal bar
* 1 banana
* 1 sausage, cheese and egg bagel
* 1 fruit bag which consists of an apple and grapes
* 1 large cappuccino

Lunch

* 1 BLT sandwich
* 1 cheese and onion walker’s crisps
* 1 bottle of mango and lime Ribena

Afternoon

* 2 bottles of 500ml water
* 1 strawberry yogurt
* 1 apple

Dinner

* 1 four seeded pouch of pila rice
* 2 celery stalks
* 3 spring onions
* 1/3 of cucumber
* 2 pieces of chicken slices
* 3 slices of wholemeal toast
* 1 apple
* 1 peach and apricot yogurt

## Friday 31/03/17

Breakfast

* 1 strawberry and yogurt cereal bar
* 1 banana
* 1 large cappuccino

Lunch

* 1 sausage bap
* 1 sugar free Volvic orange flavour

Afternoon

* 1 mars due bar
* 1 bounty trio bar
* Ribena light pineapple and passion fruit

Dinner

* 1 apple
* 1 banana
* 1 strawberry and yogurt cereal bar
* 2 pieces of wholemeal toast with chicken slices and butter
* 1 chicken bake

Evening

* 1 apple and cinnamon cookie
* 1 cheese and onion crisps
* 1 cup of tea

## Saturday 01/04/17 (Working from 09:30am to 19:00pm) (Clubbing from 22:00pm till 03:30am)

Breakfast

* 1 bowl of coco pops
* 1 cup of tea

Lunch

* ½ Ham and cheese baguette
* 1 ready salted crisps
* 2 bottles of water
* ½ bottle of coke original
* 1 KitKat

Dinner

* 1 large roast duck and noodles

## Sunday 02/04/17

Breakfast

* 1 sausage, 1 beans, 2 hash browns, chips, fried slice, 1 fried egg, 2 grilled tomatoes, 2 bacon
* 1 bottle of water
* 2 cups of tea

Lunch

Dinner

* 1 toasted bagel with butter
* Roasted chicken breast
* Orange and red peppers
* Lettuce
* Greens runner beans