# Food Consumption Diary Entry 08/05/17 to 14/05/17

## Monday 08/05/17 (working from 15:00 to 23:00)

Breakfast

* Large costa cappuccino
* Sainsbury sausage roll

Lunch

* 2 BBQ chicken drumsticks
* 1 yellow pepper
* ¼ cucumber
* 1 tomato
* 3 spring onions
* 100g of sweetcorn
* Spinach
* coleslaw

Afternoon

* Sainsbury’s chopped watermelon
* 1 700ml bottle of water

Dinner

* Chicken spicy pie from Chelsea

## Tuesday 09/05/17 (working from 16:45 to 23:00)

Breakfast

* 1 cup of tea
* 1 banana

Lunch

* 1 pork sausage
* 2 bacon
* 1 fried egg
* 2 hash brown
* Chips
* Baked Beans
* Latte

Afternoon

* 1 mocha
* 1 latte
* Watermelon chunks from Sainsbury’s

Dinner

* Chicken
* Rice
* Guacamole
* Jalapenos
* Tortilla wrap
* Sweet beans

## Wednesday 10/05/17

Breakfast

* Sausage egg and cheese bagel
* 1 hash brown
* 1 hot chocolate

Lunch

* Chicken salad sandwich
* 1 700ml bottle water
* 1 blueberry, strawberry, watermelon and grape fruit salad

Afternoon

* 1 large Pepsi Max from KFC

Dinner

* Large pizza from papa johns (BBQ Base with red pepper, chicken and sweetcorn)

Evening

## Thursday 11/05/17 (working from 17:45 to 23:00)

Breakfast

* 1 banana
* 1 cup of tea

Lunch

* 1 BBQ chicken drumsticks
* 1 orange pepper
* ¼ cucumber
* 1 tomato
* 4 cherry tomatoes
* 100g of sweetcorn
* Spinach
* coleslaw

Afternoon

* 1 mocha
* 1 hot chocolate

Dinner

* 250g watermelon chunks

## Friday 12/05/17 (working from 17:45 to 23:15)

Breakfast

Lunch

* 1 pork sausage
* 2 bacon
* 1 fried egg
* 2 hash brown
* Chips
* Baked Beans
* Latte

Afternoon

* 200ml coke
* 1 cappuccino

Dinner

* 1 house fries from 02
* 1 beef burger from 02

Evening

* 1 corona
* 4x yaga bombs

## Saturday 13/04/17 (working from 17:00 to 23:00)

Breakfast

Lunch

* 1 bowl of dumplings

Afternoon

* Watermelon chunks (250g)
* 2 x hot chocolates
* 1 bottle of 500ml water

Dinner

* ½ pork frankfurter sausage
* 1/3 02 portion chips

Evening

* 1 corona
* 4x yaga bombs

## Sunday 14/05/17

Breakfast

* 1x apple and grape fruit bag
* 1x Belvita breakfast milk and cereal cookies

Lunch

* Cheese and tomato pasta
* Melon, watermelon chunks (250g)
* Pack lunch cocktail sausages with ketchup

Afternoon

* 1 latte
* 1 oasis summer fruits

Dinner

* Rice
* Chicken
* Carrots
* 4x sweetcorn bread slices
* 1 bottle of 500ml