# Food Consumption Diary Entry 15/05/17 to 21/05/17

## Monday 15/05/17 (working from 14:30 to 23:00)

Breakfast

* 1 large costa cappuccino
* 1x Belvita breakfast milk and cereal cookies

Lunch

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

Afternoon

* Sainsbury’s chopped mango
* 2 500ml bottle of water
* 1 x hot chocolate
* 1 x mocha

Dinner

* Mac and cheese pasta from Chelsea

## Tuesday 16/05/17

Breakfast

* 1 cup of tea
* 1x Belvita breakfast milk and cereal cookies

Lunch

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

Afternoon

* 1 extra-large latte from Starbucks (friend works)

Dinner

* Homemade chicken meatballs x 8
* Spaghetti
* Chicken with cheese wrapped in bacon x 1

## Wednesday 17/05/17

Breakfast

* 1x Belvita breakfast milk and cereal cookies

Lunch

* Pasta with basil Sause
* 1 x grape frit bag
* Sparkling Ice orange mango water (12cals)
* 1x watermelon chunks (400g)

Afternoon

* 1 cup of tea
* 1 apple

Dinner

* Homemade meatballs and sauce x6
* Spaghetti
* vegetables

## Thursday 18/05/17

Breakfast

* 1x Belvita breakfast milk and cereal cookies
* 1 apple

Lunch

* Chicken, mayo and sweetcorn wrap

Afternoon

* 2 Sainsbury scotch eggs
* 1 KitKat chunky

Dinner

* Chicken with cheese wrapped in bacon x 1
* Vegetables
* Pila rice

## Friday 19/05/17 (cannot remember)

Breakfast

Lunch

Afternoon

Dinner

Evening

## Saturday 20/04/17 (working from 17:00 to 23:00)

Breakfast

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

Lunch

* 2 BBQ chicken drumsticks
* 1 yellow pepper
* ¼ cucumber
* 2 celery sticks
* 100g of sweetcorn
* Organic kale
* Homemade coleslaw
* 1 tomato

Afternoon

* 1x Twickenham sausage roll
* 1 drench summer fruits
* 150g Tesco strawberries

Dinner

* 1x Twickenham Corish pasty
* 10g ketchup

## Sunday 21/05/17 (working from 10:00 to 19:00)(Chelsea last game of season)

Breakfast

* 1x cup of tea
* 1x sponge cake
* 1x ginger cake

Lunch

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

Afternoon

* 150g strawberries
* 1 Chelsea pot of mac and cheese
* 1 KitKat chunky

Evening

* 3x tequila shots
* 1x corona
* 2x double vodka grey goose and orange