# Food Consumption Diary Entry 22/05/17 to 28/05/17

## Monday 22/05/17

Breakfast

* 1 cup of tea
* 1 apple

Lunch

* 1 pork sausage
* 3 hash browns
* Baked beans
* Portion of chips
* 1 fried egg
* 2 bacon
* 1 latte

Afternoon

* 1 bottle 500ml water
* 1x Pepsi zero 600ml

Dinner

* Carrots
* Broccoli
* Cauliflower
* Green peas
* 3x sweetcorn bread
* 8oz steak
* Potato mash

## Tuesday 23/05/17

Breakfast

* 1 Sainsbury sausage roll

Lunch

* 1 chicken, sweetcorn and mayo sandwich
* 1x paprika walkers max crisps
* 1x bottle of water 700ml

Afternoon

* 1x ice tea with simple syrup from Starbucks
* 1x Grande take away cappuccino from Starbucks

Dinner

* 4x chicken nuggets
* Carrots
* Broccoli
* Green peas
* Cauliflower
* Potato mash

## Wednesday 24/05/17

Breakfast

* 1x bowl of coco pops

Lunch

* 1x bbq, bacon and chicken wrap
* 1x large fries
* 1x large coke zero

Afternoon

* 400g watermelon chunks
* 2x Bueno chocolate bar
* 1x dairy milk ice-cream

Dinner

* 3x seed brown bread with butter
* 1x apple
* 200g purple grapes

## Thursday 25/05/17

Breakfast

* 1x Sainsbury sausage roll
* 1x costa large latte

Lunch

* Chicken, mayo and sweetcorn sandwich
* 1x walkers max salt and vinegar
* 1x 750ml water

Afternoon

* 1x large cappuccino
* 1x apple
* 200g purple grapes

Dinner

## Friday 26/05/17 (six form friends finished)

Breakfast

* 2x toasted bread
* 1x cup of tea

Lunch

* Tomato, basil and spicy pasta
* 2x chicken slices
* 1x 750ml water

Afternoon

Dinner

* 1x [Tennessee](https://www.myrelatives.com/genealogy-directory/john-tenassey) burger
* Fries
* BBQ Sause
* Apple crumble with custard

Evening

* 1x pint of Strongbow dark fruits
* 3x yaga bombs

## Saturday 27/04/17 (working from 07:00 to 21:00)

Breakfast

* 1x sausage, egg and cheese bagel
* 1x hash brown
* 1x medium hot chocolate

Lunch

* 2x BBQ chicken
* ½ orange pepper
* 3x spring onions
* 1x tomato
* ¼ cucumber
* 4x table spoons of low fat coleslaw
* 100g sweetcorn

Afternoon

* 400g watermelon chunks
* 150g strawberries
* 2x 50ml water
* 1x tea with one sugar

Dinner

* 3x toasted bread with butter
* 1x apple

Evening

* 500ml Pepsi max
* 100ml jack Daniels

## Sunday 28/05/17 (working from 07:00 to 21:00)

Breakfast

* 1x sausage, egg and cheese bagel
* 1x hash brown
* 1x medium latte

Lunch

* 2x BBQ chicken
* ½ orange pepper
* 3x spring onions
* 1x tomato
* ¼ cucumber
* 4x table spoons of low fat coleslaw
* 100g sweetcorn

Afternoon

* 3x 500ml water
* 1x tea with 2 sugar
* 1x dairy milk chocolate
* 1x mini sugar donut
* 400g watermelon chunks
* 150g strawberries

Dinner

* 1x Twickenham Corish pasty
* 50g tomato ketchup
* 1x 500ml water