# Food Consumption Diary Entry 29/05/17 to 04/06/17

## Monday 29/05/17

Breakfast

* 2 slices of wholemeal toast
* 1 cup of tea

Lunch

* Tomato, basil and cheese pasta from Tesco
* 1x snickers duo
* 1x oasis summer fruits

Dinner

* Spicy rice
* Broccoli
* Carrots
* Cauliflower
* Peas
* Chicken korma chicken

Evening

* 1x pint of Strongbow dark fruits
* 1x apple crumble and custard

## Tuesday 30/05/17 (working from 09:30 to 17:00)

Breakfast

* 1x sausage roll from Sainsbury
* 1x large costa cappuccino

Lunch

* 2x chicken korma chicken
* ½ red pepper
* 1x celery stalk
* 5x cherry tomatoes
* 100g sweetcorn
* 100g homemade coleslaw

Afternoon

* 1x cheese and onion grab bar crisps
* 1x Doritos chili heatwave crisps

Dinner

* 1x large portion of chips from KIA Oval

Evening

* 1x 500ml Pepsi zero.

## Wednesday 31/05/17 (working from 17:45 to 23:00)

Breakfast

Lunch

* 1 pork sausage
* 3 hash browns
* Baked beans
* Chips
* 2 bacon
* 1 fried egg
* latte

Afternoon

* 100ml coke with ice
* Hand full of nachos
* 1 bottle of water
* 1 bottle of oasis summer fruits
* 1 cup of hot chocolate

Dinner

Evening

* 1 cup of tea
* 2 wholemeal toast with butter

## Thursday 01/06/17 (working from 17:45 till 22:00)

Breakfast

* 3x toasted bread with butter
* 1x cooked ham slice
* 150g strawberries

Lunch

* Tomato and cheese pasta
* 1 apple and grape fruit bag
* 1 bottle of summer fruits oasis

Afternoon

* 200ml coke
* 250g of melon, kiwi and strawberry chunks
* 1 bottle of Buxton water

Dinner

* ½ portion of o2 classic fries
* 2x salsa pots (50g each)

## Friday 31/03/17 (working from 17:15 till 23:00)

Breakfast

* 1x Sainsbury sausage roll
* 1x large costa cappuccino
* 1x Belvita breakfast duo crunch strawberry and yogurt

Lunch

* 2x brown toast with butter
* 2x grilled tomatoes
* 2x scrambled eggs
* Baked beans
* 2x bacon

Afternoon

* 1x 750ml bottle of water

Dinner

* Cheese and tomato with chicken pasta
* 1x fruit bag with apples and grapes
* 1x oasis summer fruits

Evening

* Pasta with fresh Bolognese

## Saturday 01/04/17 (working from 10:30 till 19:30)

Breakfast

* 1x Kia Oval flapjack
* 1x bowl of Shreddies
* 1x cup of tea
* 1x apple

Lunch

* 3x fresh BBQ chicken
* Spinach
* 2 chopped tomato
* 2 chopped spring onions
* ½ red chopped pepper

Afternoon

* 4x mini onion bagjis
* 3x chicken samosa

Dinner

* 1x pint of Pepsi
* 1x ultimate burger meal from weather spoon

## Sunday 02/04/17

Breakfast

* 1x cup of tea
* 1x Belvita breakfast duo crunch strawberry and yogurt

Lunch

* 1x tomato and basil with cheese pasta
* 1x cheese and onion crisps
* 1x 1ltr bottle of water

Afternoon

Dinner

* 3x small chicken sausages
* 3x mini onion bagjis
* 700ml apple and strawberry concentrated juice