# Food Consumption Diary Entry 06/11/17 to 12/11/17

## Monday 06/11/17

Breakfast

* 1x tall latte from Starbucks
* 1x ham and cheese toasted baguette from Greggs

Lunch

* 2x crumpets with low fat butter
* 2x hooked ham slices
* 1x cup of tea with semi skimmed milk

Dinner

* Bowl of beef dumplings with spaghetti
* 20m of apple and elderflower juice

Evening

* 1x banana
* 1x cup of tea with semi skimmed milk
* 1x Twix white normal size

## Tuesday 07/11/17

Breakfast

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

Lunch

* 1x grilled chicken BBQ wrap
* 1x large oasis summer fruits
* 1x large fries
* 1x cheeseburger
* 1x smoky BBQ dip

Dinner

* 1x red sliced pepper
* 2x sliced celery sticks
* 1/3 cucumber
* 3x chopped spring onions
* 4x Hovis seeded bread
* 4x cooked ham slices
* 4 x edam cheese slices

## Wednesday 08/11/17

Breakfast

* 2x Warburtons crumpets
* 1x regular latte from MCD

Lunch

* 6inch Italian bread from subway
* 3oz beef slice
* Lettuce
* Red onion
* Sweetcorn
* Tomato slices
* Gurrnkis
* BBQ Sause

Dinner

* 1x red sliced pepper
* 2x sliced celery sticks
* 1/3 cucumber
* 3x chopped spring onions
* 4x Warburtons seeded bread
* 4x cooked ham slices
* 1x cup of tea

Evening

* 1x apple
* 1x banana
* 1x cup of tea

## Thursday 09/11/17

Breakfast

* 2x Warburtons crumpets
* 1x Choco latte regular

Lunch

* 12inch hearty Italian bread
* 2 x 3oz beef slice
* Lettuce
* Red onions
* Sweetcorn
* Tomato slices
* Gurrnkis
* BBQ sauce

Afternoon

* 75cl bottle of smart water

Dinner

* 1x red sliced pepper
* 2x sliced celery sticks
* 1/3 cucumber
* 3x chopped spring onions
* 4x Warburtons seeded bread
* 4x cooked ham slices
* 1x cup of tea

## Friday 10/11/17 (mates bday)

Breakfast

Lunch

* 1x medium pizza rom papa johns
* Ham
* Pineapple
* Red onions

Dinner

* Bowl of beef dumplings and spaghetti
* 1x cup of tea

Evening

* 1x cup of tea
* 2x apple and cinnamon cookies
* 1x cheddar cheese Tyrel’s crisps
* 3x double vodka oranges

## Saturday 11/11/17 (working from 07:00am to 21:00pm)

Breakfast

* 1x sausage, cheese and egg bagel
* 1x apple bag
* 1x large latte

Lunch

* BLT sandwich
* Packet of ready salted hula hoops
* 1x Ribena blackcurrant light

Afternoon

* 2x cups of tea with one sugar
* 5x Maryland cookies mini
* 5x dairy milk chocolate fingers
* 250g green seedless grapes

Dinner

* 1x double cheese burger
* 1x BLT mini burger

Evening

* 1 pint of Budweiser
* 1 bottle of corona
* 1x Wispa gold

## Sunday 02/04/17 (working from 10:00am till 22:30pm)

Breakfast

* 6inch hearty Italian bread
* Bacon
* Sausage
* Lettuce
* Cucumber
* Sweetcorn
* BBQ sauce

Lunch

* Tomato, chicken and basil pasta
* Paprika walkers ridged crisps
* 100g strawberries
* Lemon ice tea

Afternoon

* Portion of fries from the o2
* 2x 100ml of coke
* Lion chocolate bar
* 2x cups of latte from o2

Dinner