# Food Consumption Diary Entry 13/11/17 to 19/11/17

## Monday 13/11/17

Breakfast

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

Lunch

* 6inch sub with hearty Italian bread
* Lettuce
* Tomato
* Sweetcorn
* Gerkan
* Red onion
* BBQ sauce

Dinner

* Bowl of beef dumplings with spaghetti
* 1 cup of tea with semi skimmed milk
* 1 banana

Evening

## Tuesday 14/11/17

Breakfast

* 1x large gingerbread latte from Starbucks

Lunch

* 1x southern fried chicken wrap
* 1x walkers ridged paprika
* 1x 1lr bottle water

Dinner

* 2x sliced celery sticks
* 1/3 cucumber
* 3x chopped spring onions
* 4x Hovis seeded bread
* 4x cooked ham slices
* 4 x edam cheese slices
* 200ml apple and elderflower drink

## Wednesday 15/11/17 (working from 09:00am till 18:30pm)

Breakfast

* 1x chocolate and apricot croissant
* 1x regular latte from costa

Lunch

* Chilli and beef sauce
* White rice
* Cheesy potato wedges
* Sponge cake
* Custard

Dinner

Evening

* 1x apple
* 1x cup of tea

## Thursday 16/11/17 (working from 10:30am to 18:30pm)

Breakfast

* 1x large latte from costa
* 2x plain croissant

Lunch

* Chilli and beef sauce
* White rice
* Cheesy potato wedges
* Sponge cake
* Chocolate Custard

Afternoon

* 1ltr bottle of water

Dinner

* 1x small kebab wrap
* 1x small portion of fries
* 200ml coke
* Lettuce
* Onion
* cucumber

## Friday 17/11/17

Breakfast

* 1x cup of tea
* 1 apple

Lunch

* 12inch hearty Italian bread from subway
* meatballs
* Red onions
* Lettuce
* Tomato
* Sweetcorn
* Gerkan
* BBQ sauce

Afternoon

* 1x Bueno chocolate
* 1x Bueno white chocolate

Dinner

* 1x 10inch thin crust pizza from pizza express

Evening

* 1x Strongbow dark fruits cider
* 2x double vodka orange

## Saturday 18/11/17 (working from 07:00am to 21:00pm)

Breakfast

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

Lunch

* Southern fried chicken wrap
* Packet of ready salted hula hoops
* 1x Lipton peach ice tea

Afternoon

* 2x cups of tea with one sugar
* 2x mini kitkat
* 100g green seedless grapes

Dinner

Evening

* 1 pint of Strongbow dark fruits
* 1 double vodka orange

## Sunday 19/04/17 (working from 12:30pm till 21:30pm)

Breakfast

* 1 large latte from Sainsburys
* 1x chocolate croissant

Lunch

* Tomato, chicken and basil pasta
* Paprika walkers ridged crisps
* 400g watermelon
* Lemon ice tea

Afternoon

* Portion of fries from the o2
* 2x 100ml of coke
* 1x cups of latte from o2

Dinner