# Food Consumption Diary Entry 20/11/17 to 26/11/17

## Monday 20/11/17

Breakfast

* Ham and Cheese baguette from Greggs
* Regular latte from Starbucks

Lunch

* Chicken pasty from Greggs
* Cheese and onion pasty from Greggs

Afternoon

* 1x ltr bottle of water
* 1x regular latte

Dinner

* 4x toasted seeded bread
* 4x smoked ham slices
* 1x red pepper
* 2x celery sticks
* 3x spring onions
* 1/3 cucumber

Evening

* 2x cup of tea
* 1x Danish pastry with apricot
* 500ml apple juice

## Tuesday 21/11/17

Breakfast

* 1x large latte from MCD
* 1x Nature Valley salted caramel nut cereal bar

Lunch

* 1x medium pizza thin crust with BBQ base
* Chicken
* Ham
* Red onions
* 1ltr bottle of water

Afternoon

* 1x ltr bottle of water

Dinner

* 4x toasted seeded bread
* 4x smoked ham slices
* 1x red pepper
* 2x celery sticks
* 3x spring onions
* 1/3 cucumber

Evening

* 1x cup of tea
* 1x Danish pastry with apricot

## Wednesday 22/11/17

Breakfast

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

Lunch

* 1x southern fried chicken wrap
* 1x walkers baked cheese and onion crisps
* 1x ltr bottle of water

Dinner

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

Evening

* 1x cup of tea
* 200ml apple and elderflower juice
* 200ml bottle water (what was left)

## Thursday 23/11/17

Breakfast

* 1 large latte from Starbucks
* 1x Nature Valley salted caramel nut cereal bar

Lunch

* 1x beef and cheese feast burger from McDonalds
* 1x medium chips
* Smoky BBQ dip
* 1x cheese burger
* 1x large oasis

Afternoon

* Mango ice tea bottle 500ml
* 4x mini chili sausages with ketchup

Dinner

* 3x toasted seeded bread
* 3x smoked ham slices
* 1x red pepper
* 3x celery sticks
* 3x spring onions
* 1/3 cucumber

## Friday 24/11/17

Breakfast

* 1x cup of tea
* 1x Nature Valley salted caramel nut cereal bar
* 1x Nature Valley Peanut and chocolate cereal bar

Lunch

* 1x steak bake from Gregg’s
* 1x large latte from Gregg’s

Afternoon

Dinner

Evening

## Saturday 25/11/17 (working from 07:00am to 22:00pm)

Breakfast

Lunch

Afternoon

Dinner

Evening

## Sunday 26/04/17

Breakfast

Lunch

Afternoon

Dinner