

My food diary

Breakfasts

Porridge and honey x 1
Porridge and grated apple x 1
Weetabix and banana x 5

Lunches

Cucumber and cheese sandwiches x 2
Hummus, pitta bread, carrot and cucumber sticks, bread sticks x2
Hummus and grated carrot sandwiches x 1
Puff pastry cheese and pickle pinwheels x 1
Tortilla pizzas x1

Dinners

Sausage hotpot
Cornflake chicken nuggets, chips and baked beans
Tomato risotto with garlic bread
Chicken and tomato pasta bake
Pie, mash, carrots and peas
Shepherd's pie
Sausages, roast potatoes, roasted sweet potatoes, Yorkshire pudding, carrots and broccoli

Snacks

Bread pudding, yogurt and fruit smoothies, Jaffa Cakes, Hula Hoops, apples, frozen grapes