



	Breakfast	Snack	Lunch	Dinner	Exercise*
Monday	1 bowl bran flakes with skimmed milk and a handful of raisins	1 small banana	1 small baked potato with canned tuna and sweetcorn (without mayonnaise)	Small portion of wholemeal pasta with tomato and vegetable sauce	
Tuesday	2 slices wholemeal toast with 2 teaspoons jam or honey (no butter) and a piece of fruit	Slices of cucumber, celery and peppers with 1 tablespoon low fat houmous	1 small bread roll, or two slices of bread with a slice of roast beef, mustard and salad	Butternut squash and spinach curry with small portion of brown rice	
Wednesday	1 bowl porridge made with skimmed milk and berries	Fruit salad made of mango, grapes and a small banana sliced	Greek salad with a wholemeal pitta	1 small baked potato with vegetable chilli	
Thursday	2 pieces of fruit and a low fat yoghurt	2 mini pitta bread and 2 teaspoons low fat houmous	3 bean soup and a small bread roll	Cod baked in the oven and served with low fat oven chips and peas	
Friday	1 small bowl low fat and sugar muesli	Fruit smoothie	1 wholemeal pitta bread with a tablespoon of houmous and salad	Broccoli stir-fried with garlic, ginger and cashew nuts	
Saturday	Mushrooms and tomatoes on one slice toast. A glass of orange juice	1 small pot low fat cottage cheese	Chicken salad with lettuce, celery cucumber and pumpkin seeds	A small portion of spaghetti served with a sauce of prawns, sliced courgette and 2 teaspoons of pesto	
Sunday	1 egg scrambled served with a grilled tomatoes and two slices wholemeal toast.	1 apple 1 orange	Sandwich with ham, a little thinly sliced mature cheddar and a teaspoon of pickle	Jerk chicken and salad. Followed by a pot of low fat fruit mousse	

\*tick the box when you have done 30 minutes moderate physical activity



	Breakfast	Snack	Lunch	Dinner	Exercise*
Monday	2 weetabix with skimmed milk and a sliced banana	A small handful of nuts	2 Ryvita, or other crispbreads, with a small pot of low fat cottage cheese and salad	Stuffed peppers served with a side dish of cous cous mixed with peas	
Tuesday	2 slices wholemeal toast with 2 teaspoons peanut butter and a glass of orange juice	Vegetable sticks	Small baked potato with sliced jerk chicken breast	Winter vegetable and barley soup. 0% fat Greek yoghurt with raisins and a drizzle of honey for dessert	
Wednesday	1 pot low fat yoghurt with 2 pieces of fruit	1 pot low fat cottage cheese	Wrap made with tuna sweetcorn and tomatoes	Piece of salmon baked in the oven and served with salad of tomatoes and green beans	
Thursday	1 small bowl porridge with raisins	Fruit smoothie	Spicy parsnip soup and a toasted pitta bread	Stir fried vegetables and beef with soy sauce and brown rice	
Friday	1 bowl low fat/ sugar muesli	Small bag of dried fruit	1 wholemeal pitta bread with a tablespoon of houmous and salad	Spicy okra curry. Followed by hazelnut and cinnamon apples	
Saturday	1 egg, poached and served on wholemeal toast	1 banana	1 can of minestrone soup and a small bread roll	Wholemeal pasta served with a sauce of canned tuna, chickpeas and tomatoes	
Sunday	Toasted bagel and mashed banana	Small pot of low fat yoghurt	Salad of lettuce, tomato, celery, roast peppers, walnuts and pumpkin seeds	Homemade vege-tastic pizzas served with a large green salad	

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	Breakfast	Snack	Lunch	Dinner	Exercise*
Monday	1 bowl porridge made with skimmed milk and berries	Fruit smoothie	Salad of cous cous with chunks of cucumber, tomatoes, almonds and grated carrot. Served with yoghurt lemon juice and mint dressing	Spicy pork chops with spinach and chickpeas	
Tuesday	2 pieces of fruit and a low fat yoghurt	1 pot low fat rice pudding	Sandwich filled with low fat cream cheese and slices of red pepper and lettuce	Spicy parsnip soup, and a bread roll. Followed by an island sundae for pudding	
Wednesday	1 small bowl bran flakes with skimmed mil and a sliced banana	2 pieces of fruit	Mexican wrap filled with kidney beans, tomatoes, half an avocado sliced and lettuce	Spaghetti with Bolognese sauce (made using low fat minced beef)	
Thursday	2 crumpets a little margarine and an apple	1 wholemeal pitta toasted and stuffed with salad	Baked potato with half a can of baked beans	Spicy prawn stir fry with brown rice	
Friday	2 slices wholemeal toast with honey (no butter)	1 small pot low fat cottage cheese	1 wholemeal pitta bread with a tablespoon of houmous and salad	Wholemeal pasta mixed with 25g feta, black olives and chunks of tomato and salad	
Saturday	Two slices wholemeal toast, half a can of baked beans	1 apple 1 orange	1 can carrot soup with a small wholemeal bread roll	Almost fat free falafel served with salad and tabboleh. Followed by 1 scoop low fat vanilla ice cream and half a can of peach halves in juice	
Sunday	Small bowl bran flakes with sliced fruit and skimmed milk	1 small low fat yoghurt	Baked potato with low fat cottage cheese and salad	Chicken breast served with gravy, broccoli, carrots and baked sweet potato	

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