

WEEKLY MEAL
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PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY (VEG)
BREAKFAST	150g white yogurt & handful of fresh berries	1 piece of fruit and orange juice	half of avocado smashed on a toast	150g white yogurt and handful of fresh strawberries	overnight oats with blueberries, apple and cinnamon
SNACK	1 Pulsin fruit & nut bar	1 wholemeal bread with half fat soft cheese, spring onions	smoothie	Pulsin Choc Brownies	Pulsin Fruit and nut bar
LUNCH	Teriyaki Salmon with green beans, broccoli and edamame (recipe)	Clearspring Quick Cook Rice & Quinoa	mixed leaf salad with 1 little can of tuna, 1 boiled egg, olives, tomatoes, cucumber + 1pc wrap	ham wrap with lettuce, chilli, cheddar cheese, white yogurt	Clearspring organic Brown & wild rice with 1/2 avocado
SNACK	Carrots, cucumber, celery sticks dip into cottage cheese (2 tb spoons)	handful of nut mix and raisins	1 peach	2 rice cakes with cottage cheese	1 orange
DINNER	100g whole wheat pasta with 50g chicken breast	150g grilled chicken breast, greek salad (instead of greek cheese add cheddar)	tomato soup (if you do homemade, then cook more for next day lunch) & 1 piece of bread	100g lean pork, stir-fried rice & veg (leek, pepper, mushrooms, garlic)	Vegetable soup with pasta/noodles (recipe)