



Meal Plan

	Breakfast	Snack 1	Lunch	Snack 2	Dinner	Snack 3	Activity
Monday	Tomatoes, smashed avocado, wilted spinach, 2 small slices seedy wholemeal bread	Pineapple	Jacket sweet potato, mixed salad leaves, cucumber, tomatoes, beetroot, chicken, houmous	Nut and seed selection	Sweet potato, carrot and butternut squash mash, peas, low fat sausages, gravy	Chocolate	Brisk walk 30 mins
Tuesday	Mixed berries, oats, low fat yogurt	Salted popcorn	Spinach, avocado, tomatoes, cucumber, chicken, wholemeal pitta, mayonnaise	Pineapple	Mange tout, baby corn, broccoli, spinach, wholewheat noodles, beef soy sauce	Ice cream	Dance class 60 mins
Wednesday	Apple, pear, low fat yogurt, sprinkle of cinnamon, granola	2 satsumas	Mange tout, baby corn, broccoli, spinach, wholewheat noodles, beef, soy sauce	Raw fruit and nut bar	Roasted courgette, peppers, red onion, aubergine, chopped tomatoes, passata spaghetti, low fat mince, chilli flakes	Dessert pot	Yoga 45 mins
Thursday	Spinach, apple, pineapple smoothie, 2 small slices seedy wholemeal toast and marmite	Apple	Roasted courgette, peppers, red onion, aubergine, chopped tomatoes, passata spaghetti, low fat mince, chilli flakes	Carrot sticks, houmous	Sweet potato, carrot and butternut squash fries, peas, tomatoes low fat burger, wholemeal roll, ketchup, cheese	Chocolate	Spin 30 mins
Friday	Mushrooms, red onion, spinach, low fat sausages, wholemeal roll, butter	Carrot sticks, houmous	Sweet potato falafel, pickled salad, mixed salad leaves, tomatoes, beetroot, cucumber, wholemeal pitta, fat free salad dressing,	Pear	Crispy kale, spinach, mushrooms, sweetcorn, peas, chicken, rice, curry sauce	Ice cream	Relaxed swim 30 mins
Saturday	Mushrooms, spinach, tomatoes, beans, scrambled egg, low fat sausages, hash brown	2 satsumas	Sweet potato falafels, pickled salad, mixed salad leaves, tomatoes, cucumber, couscous, houmous	Crispy kale	Meal in a restaurant/takeaway, dessert and/or alcohol (use leftover happy cals plus activity calories)		Brisk walk 30 mins
Sunday	Mixed berries, banana, oat pancakes, maple syrup	Pear	Potatoes, carrots, broccoli, cauliflower, cabbage, peas, sweetcorn, roast pork, stuffing ball, gravy	Salted popcorn	Roasted peppers, tomatoes, mushrooms, red onion, spinach, passata wholemeal wrap (as pizza base) cheese	Mixed berries, dairy free yogurt, sugar free jelly	Rest day