

Option	Breakfast	Mid morning	Lunch	Mid afternoon	Dinner	Extras
1	Smoothie with ½ a pint of skimmed milk (extra). 50g yogurt, two pieces of fruit	15 cashew nuts and a apple	Grilled chicken and 40g of bulgar wheat with peppers	Two Ryvita with 50g of mozzarella cheese	Grilled salmon with lemon basil with vegetables	One pint of skimmed milk
2	60 g (7 tbsp) of porridge with cashew nuts and chopped apple	Grilled chicken breast and salad	80g (four scoops) of six bean mixed salad with lemon juice	A boiled egg and 50g of mozzarella cheese	Medium salmon fillet and steamed broccoli	One pint of skimmed milk
3	6 tpsb of bran flakes with milk and chopped apple	Small sweet potato and 10 tbsp of cottage cheese with chives	Chicken strips (1 medium breast) red pepper, celery, 2tsp houmous	No mid afternoon option	100g of mozzarella cheese baked over a mix of vegetables with 1tsp of olive oil	One pint of skimmed milk
4	Two Weetabix with milk and 100g fruit yogurt	50g of low fat cheese and a medium apple	Prawns (150g) in a salad with cherry tomatoes	130g of salmon pieces in a rocket salad	Three egg omelette with onions and mushrooms	One pint of skimmed milk
6	6 tbsp of wholemeal muesli with 50g natural yogurt	15 almonds	Tuna with sweet corn and wholemeal pasta	One grapefruit	Chicken stir fry with assorted vegetables	One pint of skimmed milk
7 Once a week only	Poached egg, two grilled back bacon rashers, tomato, and mushrooms	Tuna sandwich with lettuce and cucumber	Chicken (medium breast) and avocado (half) salad	15 red grapes	Steak (lean) with vegetables and a 200ml glass of wine	One pint of skimmed milk

8	6 tbsp of wholemeal muesli with 50 natural yogurt	40g of Edam cheese	White fish (100g) with homemade sweet potato wedges	Two oat cakes with light cream cheese	Chilli (100g) mince, 50g kidney beans onion, tomatoes, with salad	One pint of skimmed milk
9	60g of (7 tbsp) of porridge with 15 Brazil nuts and a piece of fruit	One small yogurt, ten walnuts and a piece of fruit	Two boiled eggs with a large baked tomato and pieced of granary toast	Small yogurt with piece of fruit	Chicken wrapped in prosciutto with roasted vegetables	One pint of skimmed milk
10	Oat and nut pancake	Wholemeal tortilla with guacamole and 80g of chicken strips	Tuna and avocado salad with balsamic vinegar	No mid afternoon option	50g of low fat feta cheese, ten olives spring onions and a lettuce salad	One pint of skimmed milk
11	One apple, four strawberries, eight grapes and 15 cashew nuts	Small handful of mixed nuts and seeds	Homemade carrot soup with 160g of crème fraiche	Tin of sardines on mixed-leaf salad	150g of sirloin steak served with spinach and rocket salad	One pint of skimmed milk
12	Smoothie with ½ pint of skimmed milk (extra 50g of yogurt, two pieces of fruit	15 almonds and a kiwi fruit	Small sweet baked potato, 20g low fat cheddar, half a tin of baked beans	No mid afternoon option	Sweet potato omelette,(3 eggs splash of milk and 100g of sweet potato)	One pint of skimmed milk
13	A slice of wholemeal toast, with marmite, a piece of fruit and 15 almonds	Prawn (100g) and cucumber salad	100g turkey with 50g quinoa and red pepper	Half a mango	Home made chicken soup	One pint of skimmed milk
14 Once a week only	Poached egg, two grilled back bacon rashers, tomato & mushrooms	Chicken salad sandwich on wholegrain bread	Chicken breast and mozzarella (50g) salad	Watermelon	Salmon fillet with lemon and mixed veg with 200ml glass of wine	One pint of skimmed milk

