



Nutrition Planner

	Breakfast	Lunch	Evening meal	Snacks
1	1 x cup full of porridge oats with ½ pint of skimmed milk 2 teaspoons of honey/ jam 1 x piece of fruit 1 x piece of wholemeal toast 1 x glass of fruit juice	Pasta with tomato based sauce, (90grms pasta un-cooked) sprinkling of cheese (no more than 30 grm's) Accompanying side salad, no dressing	Grilled tuna steak with side salad or mixed vegetables	3 x jaffa cakes natural yoghurt biopot/yakult/activia upto 3 pieces of fruit
2	1 x large bowl of cereal (special k, honey nut cornflakes, multigrain rice crispies, weetabix) with ½ pint skimmed milk and 1 x banana diced into it 1 x yoghurt (natural)	Jacket potato with 2 off the following Beans, cheese, tuna, coleslaw, salad, ham, chili, Bolognese, cottage cheese	Grilled piece of lean Chicken, turkey, pork with roasted or steamed vegetables	carrot sticks low fat oven baked crisps/shapers etc
3	2 x pieces of wholemeal toast with baked beans 1 x piece of fruit 1 x yoghurt 1 x glass of fruit juice	Noodles with wok fried or steamed chicken or vegetables (Carrot, parsnip. Mange tot, sugar snap pea's or fine beans, bean sprouts)	Cous cous salad with mixed vegetables, sushi, cottage cheese, grilled meat, anti-pasta	Bag of dried apricots/banana's/apples Small bowl of cereal with ¼ pint of skim milk
4	Vegetable omlette made with 2 eggs, include tomato, onion, mushroom, 2 x piece of wholemeal toast 1 x glass of juice	Lean burger chicken, or steak(no bun) with side salad, and potato wedges	Vegetable stir fry with piece of grilled or baked meat or fish	Side salad Fruit salad
5	1 large bowl of fruit salad (kiwi, apple, banana, cherry, strawberry, mango, melon, orange) 1 x natural yoghurt	Chili or Bolognese with boiled or steamed rice with mixed vegetables	Soup with 2 x pieces of wholemeal bread or 1 x ciabatta, or 2 x pitta bread. Side green salad	Low fat rice pudding pot Granola bar/cereal bar Rice cakes
6	2 x eggs Scrambled on 2 wholemeal English muffins 1 x piece of fruit 1 x glass of juice	Roast chicken with vegetables, boiled or jacket potato, no gravy!	Pitta bread with Houmous and accompanying side salad and mixed olives	Peanuts/raisins (yoghurt covered) protein shake daily!
7	Breakfast smoothie ¾ pint of milk, small natural yoghurt, 1 x tablespoon of honey, strawberry, blueberry, banana, porridge oats, small handful of muesli, portion of protein	Flour tortilla wraps with Turkey breast, sautéed onions, and sun dried tomato dressing	Hot chicken Caesar salad with vinaigrette or Greek salad with Feta cheese	125grams of cottage cheese plain bagel mini low salt pretzels
8		Butternut squash and pancetta/Parma ham pasta (90-120 grams)	Grilled meat and vegetable kebabs	un-buttered or sugared popcorn