

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast 7.30am	<u>Berry Kiwi Porridge</u>	<u>Coconut Oil Fried Egg on Wholegrain Toast with Spinach</u>	<u>Spiced Pear Porridge</u>	<u>Spicy Eggs on Wholegrain Toast with Tomatoes</u>	<u>Winter Oats</u>	<u>Spinach & Mushroom Omelette</u>	Porridge with Frozen Berries
Snack 10am	2 Dark Ryvita Crackers with Cheese	Veggie sticks & 2 Tablespoons Houmous	1 Wholegrain Rice Cake topped with any Nut Butter	Sliced Apple with 1 Tablespoon Nut Butter	1 Wholegrain Rice Cake topped with 2 Tbsp Houmous	Homemade Nakd Bar	1 Wholegrain Rice Cake topped with Nut Butter
Lunch 12.30pm	<u>Chickpea Houmous Salad</u>	<u>Tuna Salad Sandwich</u>	Houmous Salad & Egg Wrap	<u>Mackerel & White Bean Salad</u>	Butternut Squash Soup (Leftovers)	Salmon & Potato Salad (leftovers)	Poached Eggs on Wholegrain Toast with Spinach
Snack 3pm	Homemade Nakd Bar	Sliced Apple with 1 Tablespoon Nut Butter	<u>Super Berry Smoothie</u>	2 Dark Ryvita Crackers with Cheese	Banana & Nut Butter	2 Dark Ryvita Crackers with Cheese	<u>Apple & Ginger Smoothie</u>
Dinner 5.30pm	<u>Jacket Sweet Potatoes with Apricot Beans & Salad</u>	<u>Oven Baked Chicken Fajitas with Wraps, Salad & Corn Cobs</u>	<u>Organic Chilli with Wholegrain Rice & Salad</u>	<u>Butternut Squash Soup</u>	Salmon with New Potatoes & Veggies	<u>Veggie Stir Fry with Chinese Fried Rice</u>	<u>Slow Cooker Whole Chicken with Roasted Potatoes & Vegetables</u>
Snack/Dessert - optional by 7pm							