

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast 7.30am	<u>Raspberry Almond Porridge</u>	<u>Bonfire Fried Eggs & Toasted Rye Bread with Spinach</u>	<u>Coconut & Date Porridge</u>	<u>Rosemary Scrambled Eggs on Toasted Rye & Tomatoes</u>	<u>Date & Walnut Porridge</u>	<u>Salmon & Spring Onion Omelette</u>	Porridge with Frozen Berries
Snack 10am	Veggie sticks & 2 Tablespoons Houmous	Sliced Apple with 1 Tablespoon Nut Butter	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	2 Dark Ryvita Crackers with Houmous/ Cheese	<u>Apple & Ginger Smoothie</u>
Lunch 12.30pm	<u>Spicy Scrambled Eggs on Rye Bread with Spinach</u>	<u>Chicken & Apple Salad</u>	<u>Beetroot & Goats Cheese Omelette</u>	<u>Lemon Parsley Salmon Sandwich</u>	<u>Mexican Sweet Potato & Quinoa Salad</u>	<u>Clean Eating BLT</u>	Leftover Chinese Pork & Rice
Snack 3pm	<u>Stuffed Dates</u>	2 Dark Ryvita Crackers with Cheese	<u>Super Berry Smoothie</u>	<u>Stuffed Dates</u>	1 Wholegrain Rice Cake topped with Nut Butter	Banana & Nut Butter	<u>Stuffed Dates</u>
Dinner 5.30pm	Veggie Noodle Soup	<u>Mexican Stuffed Sweet Potatoes & Salad</u>	<u>Sausage & Butternut Bake with Steamed Veggies</u>	<u>Roasted Cauliflower Curry & Quinoa</u>	Cod with Roasted Vegetables	<u>Quick Chinese Style Pork with Wholegrain Rice</u>	<u>Slow Cooker Fennel Garlic Chicken & Veggies</u>
Snack/Dessert - optional by 7pm							