

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast 7.30am	<u>Berry Kiwi Porridge</u>	<u>Spiced Pear Porridge</u>	<u>Apple Pie Porridge</u>	<u>Berry Kiwi Porridge</u>	<u>Winter Oats</u>	<u>Spiced Apple Bread & Smoothie</u>	<u>Spiced Apple Bread, Natural Yoghurt & Fruit Salad</u>
Snack 10am	2 Dark Ryvita Crackers with 1 Tablespoon Nut Butter & Apple Slices	Veggie sticks & 2 Tablespoons Houmous	1 Wholegrain Rice Cake topped with 1 Boiled Egg & Smoothie	Sliced Apple with 1 Tablespoon Nut Butter	2 Dark Ryvita Crackers with 2 Tablespoons Goats Cheese & Cherry Tomatoes	Homemade Nakd Bar	1 Wholegrain Rice Cake topped with Nut Butter
Lunch 12.30pm	<u>Super Salad with Goats Cheese & Lentils</u>	<u>Egg Salad Sandwich on Wholegrain Bread</u>	<u>Tuna & Chickpea Salad</u>	Chickpea, Homous & Brown Rice Salad (leftover rice)	Marrow Lasagne (leftovers)	Winter Vegetable & Bean Soup (leftovers)	Houmous Salad Sandwich
Snack 3pm	Homemade Nakd Bar	Sliced Apple with 1 Tablespoon Nut Butter	Homemade Nakd Bar	Apple & Ginger Smoothie	1 Wholegrain Rice Cake topped with 1 Tablespoon Nut Butter	Veggie sticks & 2 Tablespoons Houmous	Homemade Nakd Bar
Dinner 5.30pm	Jacket Sweet Potatoes, Houmous, Boiled Eggs & Salad	Roasted Salmon Fillet with New Potatoes & Veggies	<u>Slow Cooker Curried Chicken, Wholegrain Rice & Veggies</u>	<u>Marrow Lasagne & Salad</u>	<u>Winter Vegetable & Bean Soup with Wholegrain Bread</u>	<u>Sausage Jambalaya & Salad</u>	<u>Basil & Goats Cheese Stuffed Chicken with Mashed Sweet Potatoes & Veggies</u>
Snack/Dessert - optional by 7pm							