

Menu Planner Week 1

Example Meal plan for one week

	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Monday	Scrambled Eggs & Spinach	Mixed Berries	Beetroot, Fennel & Apple Soup	25g Almonds	Roast Cod on Spiced Puy Lentils
Tuesday	Cinnamon Millet Porridge	Kiwi Fruit	Frittata with Cherry Tomatoes & Spinach	Berry Smoothie made with Almond Milk	Grilled Salmon with Nicoise Salad
Wednesday	Buckwheat Pancakes with Summer Berries	Apple & 25g Almonds	Spicy Quinoa	Avocado with Salt & Black Pepper	Tomato Basil Chicken
Thursday	Scrambled Eggs & Veggies	Tangerine	Spinach, Rocket, Cucumber, Onion, Tofu & Carrot Salad	Pear & 25g Almonds	Chickpea & Cauliflower Curry
Friday	Fresh Fruit Salad	Hummus & Celery Sticks	Vegetarian Chilli	Berry Smoothie made with Almond Milk	Steamed Fish with Spicy Sesame Oil
Saturday	Poached Eggs on Greens	Mixed Berries	Shitake, Spring Onion & Bok Choi Stir-Fry with Quinoa	Kale Chips	Chicken Breast Stuffed with Olive, Sage & Walnuts
Sunday	Scrambled Eggs with Mushrooms & Tomatoes	Guacamole & Celery Sticks	Lamb Tagine	Black Olive Tapenade with Cucumber Sticks	Lentil, Spinach & Squash Curry

Menu Planner Week 2

Example Meal plan for one week

	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Monday	Berry Smoothie with Almond Milk	Guacamole & Celery Sticks	Broccoli & Puy Lentil Soup	25g Almonds	Turkey Burgers
Tuesday	Scrambled Eggs & Veggies	Mixed Berries	Vegetarian Chilli	Berry Smoothie with Almond Milk	Chicken Satay Skewers
Wednesday	Buckwheat Pancakes with Summer Berries	Apple & 25g Walnuts	Carrot, Coriander & Lentil Soup	Tangerine	Tomato Basil Chicken
Thursday	Berry Smoothie with Almond Milk	Cherries	Spicy Quinoa	Pear & 25g Almonds	Steamed Fish with Spicy Sesame Oil
Friday	Berry Smoothie with Almond Milk	25g Mixed Seeds & Apple	Minestrone Soup	Mixed Berries	Chickpea & Cauliflower Curry
Saturday	Poached Eggs on Greens	Guacamole & Celery Sticks	Shitake, Spring Onion & Bok Choi Stir-Fry with Quinoa	Kale Chips	Grilled Salmon with Nicoise Salad
Sunday	Quinoa Porridge	Nectarine	Frittata with Cherry Tomatoes & Spinach	25g Mixed Seeds & Apple	Vegetable Casserole

Your Shopping List

Shopping List

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