

MON	TUES	WED	THURS	FRI	SAT	SUN
Breakfast Scrambled eggs made with 2 yolks & 5 whites on 3 slices of toast.	Breakfast Porridge made with 100g oats and 600ml skimmed milk, with 50g dried fruit and 1tsp honey	Breakfast 135g tropical crunchy oat cereal with 200g greek yoghurt.	Breakfast 3 slices of granary toast with peanut butter. 1 banana.	Breakfast 200g Greek yoghurt and 1tsp honey. 100g muesli with 200g raspberries and 1 chopped apple.	Breakfast 2 poached eggs, half a can of baked beans, 2 grilled tomatoes, 4 rashers of lean bacon and 2 slices of toast.	Breakfast 2 multigrain bagels with 50g smoked salmon and scrambled eggs made with 2 yolks and 5 whites.
Snack 200g Greek yoghurt with a selection of summer fruits and 1tsp honey.	Snack 2 cereal bars. 1 apple.	Snack Half lincolnshire plum loaf. Fruit salad cup.	Snack Metapure mass protein shake made with semi skimmed milk.	Snack 1 medium skinny latte. 1 skinny blueberry muffin.	Snack Banana and honey milkshake made with 300ml skimmed milk, 1 banana and 1tsp honey. 1 cinnamon and raisin bagel with 50g cream cheese.	Snack 50g dried apricots. 1 cereal bar. 250 ml fruit smoothie.
Lunch Turkey breast on a multi-grain bagel with lettuce, 2 tomatoes, half a cucumber, 3 beetroots and half an avocado. Season with olive oil & balsamic vinegar dressing	Lunch 1 jacket potato, served with 1 can tuna mixed with salad cream, lettuce, tomato and half an avocado."	Lunch mix 60g diced chicken breast with wholemeal fusilli pasta, 1tbsp pesto, 25g pine nuts, 1 diced red pepper and 200g canned chopped tomatoes.	Lunch Mix 60g diced chicken breast with wholemeal fusilli pasta, 1tbsp pesto, 25g pine nuts, 1 diced red pepper and 200g canned chopped tomatoes.	Lunch 500g sushi lunch pack	Lunch Mixed bean salad with diced red pepper, cucumber and beetroot. 100g brown rice.	Lunch 90g roast beef, 200g roast potatoes, carrot, broccoli, peas, yorkshire pudding and gravy.
Snack half a malt loaf, apple and metapure mass protein shake.	Snack 1 banana. 50g dried fruit and nuts.	Snack QNT Protein Burst bar. 1 apple.	Snack 50g mixed seeds. 100g dried figs. Cranberry and raspberry smoothie.	Snack 50g dried fruit and nuts.	Snack Metapure mass protein shake and cereal bar.	Snack Fresh fruit salad. Low-fat vanilla frozen yoghurt
Dinner Roast butternut squash with ratatouille and soft goats cheese	Dinner 4 flour tortillas with diced turkey breast, 1tbsp rapeseed oil, half a red onion and 1 and a half mixed bell peppers. Season with half a sachet salsa, 30g low fat grated cheddar and shredded lettuce.	Dinner Grilled trout fillet with ginger and soy sauce. Served with chow mein made from 50g egg noodles, half a chopped red onion, half a sliced green pepper, 5 sliced baby corn, 1 sliced carrot, 1 diced red chilli pepper, 1 crushed garlic clove.	Dinner Thai green chicken curry.	Dinner Spaghetti bolognese made with 110g lean minced beef, 100g kidney beans, 200g canned chopped tomatoes, 2tbsp tomatoe puree, diced carrot, half a chopped red onion, 1 tbsp olive oil, dried oregano, fresh basil, 1 crushed garlic clove and 50g wholemeal spaghetti.	Dinner Tuna steak with the juice of 1 lime, black pepper, a handful of chopped chives, 1tbsp olive oil. Serve with 200g new potatoes, mange tout and sliced carrot.	Dinner Ploughman's: 2 slices of granary bread, 6 oat biscuits, 30g brie, 30g goats cheese, 2tbsp pickle, 10 grapes, 1p cherry tomatoes and 1 sliced apple.
Snack 135g tropical crunchy oat cereal with metapure mass protein shake and 100g dried apricots.	Snack Metapure mass protein shake made with skimmed milk.	Snack 2 slices of granary toast with jam. 15g blueberries.	Snack 100g ben & jerry's garcia frozen yoghurt.	Snack Metapure mass protein shake made with 300ml skimmed milk, 1 banana and 1tsp honey.	Snack 200g Greek yoghurt with 50g dried fruit mix.	Snack Metapure mass protein shake with 300ml skimmed milk. 1 banana.