

MON	TUES	WED	THURS	FRI	SAT	SUN
<b>Breakfast</b> Scrambled eggs made with 2 yolks & 5 whites on 3 slices of toast.	<b>Breakfast</b> Porridge made with 100g oats and 600ml skimmed milk, with 50g dried fruit and 1tsp honey	<b>Breakfast</b> 135g tropical crunchy oat cereal with 200g greek yoghurt.	<b>Breakfast</b> 3 slices of granary toast with peanut butter. 1 banana.	<b>Breakfast</b> 200g Greek yoghurt and 1tsp honey. 100g muesli with 200g raspberries and 1 chopped apple.	<b>Breakfast</b> 2 poached eggs, half a can of baked beans, 2 grilled tomatoes, 4 rashers of lean bacon and 2 slices of toast.	<b>Breakfast</b> 2 multigrain bagels with 50g smoked salmon and scrambled eggs made with 2 yolks and 5 whites.
<b>Snack</b> 200g Greek yoghurt with a selection of summer fruits and 1tsp honey.	<b>Snack</b> 2 cereal bars. 1 apple.	<b>Snack</b> Half lincolnshire plum loaf. Fruit salad cup.	<b>Snack</b> Metapure mass protein shake made with semi skimmed milk.	<b>Snack</b> 1 medium skinny latte. 1 skinny blueberry muffin.	<b>Snack</b> Banana and honey milkshake made with 300ml skimmed milk, 1 banana and 1tsp honey. 1 cinnamon and raisin bagel with 50g cream cheese.	<b>Snack</b> 50g dried apricots. 1 cereal bar. 250 ml fruit smoothie.
<b>Lunch</b> 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	<b>Lunch</b> 1 jacket potato, served with 1 can tuna mixed with salad cream, lettuce, tomato and half an avocado."	<b>Lunch</b> mix 60g diced chicken breast with wholemeal fusilli pasta, 1tbsp pesto, 25g pine nuts, 1 diced red pepper and 200g canned chopped tomatoes.	<b>Lunch</b> Mix 60g diced chicken breast with wholemeal fusilli pasta, 1tbsp pesto, 25g pine nuts, 1 diced red pepper and 200g canned chopped tomatoes.	<b>Lunch</b> 500g sushi lunch pack	<b>Lunch</b> Mixed bean salad with diced red pepper, cucumber and beetroot. 100g brown rice.	<b>Lunch</b> 90g roast beef, 200g roast potatoes, carrot, broccoli, peas, yorkshire pudding and gravy.
<b>Snack</b> half a malt loaf, apple and metapure mass protein shake.	<b>Snack</b> 1 banana. 50g dried fruit and nuts.	<b>Snack</b> QNT Protein Burst bar. 1 apple.	<b>Snack</b> 50g mixed seeds. 100g dried figs. Cranberry and raspberry smoothie.	<b>Snack</b> 50g dried fruit and nuts.	<b>Snack</b> Metapure mass protein shake and cereal bar.	<b>Snack</b> Fresh fruit salad. Low-fat vanilla frozen yoghurt
<b>Dinner</b> Roast butternut squash with ratatouille and soft goats cheese	<b>Dinner</b> 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.	<b>Dinner</b> 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.	<b>Dinner</b> Thai green chicken curry.	<b>Dinner</b> 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, 1tbsp olive oil, dried oregano, fresh basil, 1 crushed garlic clove and 50g wholemeal spaghetti.	<b>Dinner</b> 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.	<b>Dinner</b> 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.
<b>Snack</b> 135g tropical crunchy oat cereal with metapure mass protein shake and 100g dried apricots.	<b>Snack</b> Metapure mass protein shake made with skimmed milk.	<b>Snack</b> 2 slices of granary toast with jam. 15g blueberries.	<b>Snack</b> 100g ben & jerry's garcia frozen yoghurt.	<b>Snack</b> Metapure mass protein shake made with 300ml skimmed milk, 1 banana and 1tsp honey.	<b>Snack</b> 200g Greek yoghurt with 50g dried fruit mix.	<b>Snack</b> Metapure mass protein shake with 300ml skimmed milk. 1 banana.