

Balanced Diet Weekly Meal Planner

Our menu planners are a guide only. They do not reflect what is available in the meal boxes due to fluctuations in stock availability.

Breakfast:

MONDAY

Low salt/sugar baked beans, 2x slices wholemeal toast and 15g cheddar cheese

403 cals

TUESDAY

40g porridge oats, 300ml semi-skimmed milk, 30g raisins and 10g mixed seeds

441 cals

WEDNESDAY

Low fat Greek yoghurt, 80g mixed berries, 1 banana and 25g chopped hazelnuts

398 cals

THURSDAY

1/2 mashed avocado, squeeze of lime, 2x slices wholemeal toast, 80g roasted cherry tomatoes and 10g mixed seeds

423 cals

FRIDAY

2x scrambled eggs, 2x slices wholemeal toast and 80g mushrooms, grilled

385 cals

SATURDAY

40g bran flakes, 100ml semi-skimmed milk, 1x sliced banana and 80g mixed berries

330 cals

SUNDAY

2x poached eggs, 2x slices wholemeal toast and 80g cherry tomatoes, roasted in 1 tsp oil

383 cals

Lunch:

Sweet Potato & Aubergine Sri Lankan Curry

Steamed Mixed Green Veg and 2 tsp plain yoghurt

371 cals

Singapore Noodles

Steamed or stir-fried greens

334 cals

Chicken Pad Thai

Steamed or stir-fried greens

441 cals

Keralan Chicken Curry

2 tsp plain yoghurt

354 cals

Prawns with Chorizo & Lentils

Wholemeal crusty roll, mixed leaf salad and salad dressing

507 cals

Chicken Noodle Laksa

30g cashews and sliced spring onions

496 cals

Green Thai Chicken Noodles

30g cashews and steamed or stir-fried greens

519 cals

Dinner:

In Bold =
COOK side dishes

Mexican Three Bean Chili

Brown rice and 1/2 avocado, mashed with a squeeze of lime

661 cals

Moroccan Harissa Chicken

Minted Couscous and Steamed Green Beans

658 cals

Cauliflower & Aubergine Shakshuka

2x medium eggs, 2x wholegrain flatbreads and 2 tsp plain yoghurt

591 cals

Vegetable & Chickpea Tagine

Minted Couscous and 1x wholegrain flatbread

671 cals

Thai Steamed Sea Bass

Plain Basmati Rice and Steamed or stir-fried greens

564 cals

Beef Bourguignon

Braised Red Cabbage, Peas & Leeks and Celeriac Mash

587 cals

Chilli con Carne

Baked sweet potato, 1/2 avocado, mashed with a squeeze of lime, 2 tsp plain yoghurt

541 cals

5 a Day:

4

4

7

5

4

6

6

EST DAILY CALORIES

(incl serving suggestions)

1435 cals

1433 cals

1430 cals

1448 cals

1456 cals

1413 cals

1443 cals

Snacks:

To add to 5 a day.

Small fruit: Two plums, two satsumas, two kiwi fruit, three apricots, six lychees, seven strawberries or 14 cherries. **Medium-sized fruit:** One apple, banana, pear, orange or nectarine. **Large fruit:** Half a grapefruit, one slice of papaya, one slice of melon (5cm slice), one large slice of pineapple or two slices of mango (5cm slices). **Dried fruit:** About one heaped serving spoon of raisins, currants or sultanas, one serving spoon of mixed fruit, two figs, three prunes or one handful of dried banana chips. **Salad vegetables:** Three sticks of celery, a 5cm piece of cucumber, one medium tomato or seven cherry tomatoes. All information taken from the British Nutrition Foundation