

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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Low salt/sugar baked beans, 2x slices wholemeal toast and 1.5g cheddar cheese	40g porridge oats, 300ml semi-skimmed milk, 30g raisins and 10g mixed seeds	Low fat Greek yoghurt, 80g mixed berries, 1 banana and 25g chopped hazelnuts	1/2 mashed avocado, squeeze of lime, 2x slices wholemeal toast, 80g roasted cherry tomatoes and 10g mixed seeds	2x scrambled eggs, 2x slices wholemeal toast and 80g mushrooms, grilled	40g bran flakes, 100ml semi-skimmed milk, 1x sliced banana and 80g mixed berries	2x poached eggs, 2x slices wholemeal toast and 80g cherry tomatoes, roasted in 1 tsp oil
403 cals	441 cals	398 cals	423 cals	385 cals	330 cals	383 cals

Lunch:

Sweet Potato & Aubergine Sri Lankan Curry	Singapore Noodles	Chicken Pad Thai	Keralan Chicken Curry	Prawns with Chorizo & Lentils	Chicken Noodle Laksa	Green Thai Chicken Noodles
Steamed Mixed Green Veg and 2 tbsp plain yoghurt	Steamed or stir-fried greens	Steamed or stir-fried greens	2 tbsp plain yoghurt	Wholemeal crusty roll, mixed leaf salad and salad dressing	30g cashews and sliced spring onions	30g cashews and steamed or stir-fried greens
371 cals	334 cals	441 cals	354 cals	507 cals	496 cals	519 cals

Dinner:

In Bold =
COOK side dishes

Mexican Three Bean Chilli	Moroccan Harissa Chicken	Cauliflower & Aubergine Shakshuka	Vegetable & Chickpea Tagine	Thai Steamed Sea Bass	Beef Bourguignon	Chilli con Carne
Brown rice and 1/2 avocado, mashed with a squeeze of lime	Minted Couscous and Steamed Green Beans	2x medium eggs, 2x wholegrain flatbreads and 2 tbsp plain yoghurt	Minted Couscous and 1x wholegrain flatbread	Plain Basmati Rice and Steamed or stir-fried greens	Braised Red Cabbage, Peas & Leeks and Celeriac Mash	Baked sweet potato, 1/2 avocado, mashed with a squeeze of lime, 2 tbsp plain yoghurt
661 cals	658 cals	591 cals	671 cals	564 cals	587 cals	541 cals

5 a Day:

4	4	7	5	4	6	6
1435 cals	1433 cals	1430 cals	1448 cals	1456 cals	1413 cals	1443 cals

EST DAILY CALORIES

(incl serving suggestions)

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