

Balanced Diet Weekly Meal Planner

Calories are a guide – don't get hung up on them. NHS guidance is for a woman to eat 2,000 calories daily and a man 2,500 to maintain a healthy weight. Eating 500 fewer each day equates to losing 1 pound in weight per week.

Breakfast:

Ideas for a good start to the day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Low salt/sugar baked beans, 2x slices wholemeal toast and 15g cheddar cheese	40g porridge oats, 300ml semi-skimmed milk, 30g raisins, 10g mixed seeds	Low fat Greek yoghurt pot, 80g mixed berries, 1 banana and 25g chopped hazelnuts	1/2 avocado, mashed with a squeeze of lime, 2x slices wholemeal toast, 80g cherry tomatoes, roasted 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, 80g cherry tomatoes, roasted and 10g mixed seeds
403 cals	441 cals	398 cals	423 cals	385 cals	330 cals	383 cals

Lunch:

COOK Pot for One plus optional serving suggestions

POT	POT	POT	POT	POT	POT	POT
Keralan Chicken Curry	Prawns with Chorizo & Lentils	Nasi Goreng	Sweet Potato & Aubergine Sri Lankan Curry	Singapore Noodles	Chicken Noodle Laksa	Chicken Pad Thai
Garnished with 2 tbsp yoghurt. Served with 1x Plain Naan Bread	Served with a wholemeal crusty roll and a mixed leaf side salad with dressing.	Garnished with 30g cashews. Served with steamed or stir-fried greens	Garnished with 2 tbsp plain yoghurt. Served with mixed green veg.	Served with steamed or stir-fried greens	Garnished with 30g cashews and sliced spring onion	Served with steamed or stir-fried greens
579 cals	507 cals	514 cals	546 cals	334 cals	496 cals	441 cals

Dinner:

COOK meal plus optional serving suggestions

In Bold = COOK side dishes

Red Lentil & Mixed Bean Casserole	Chilli con Carne	Middle Eastern Chicken with Mixed Spiced Grains	Vegetable & Chickpea Tagine	Cauliflower & Aubergine Shakshuka	Beef Bourguignon	Chicken, Pea & Bacon Risotto
Served with a jacket potato and 30g grated cheddar cheese	Served with a baked sweet potato, 1/2 avocado and 2tbsp plain yoghurt	Served with 1x wholegrain flat bread and a mixed veg side salad	Served with Minted Couscous and 2tbsp plain yoghurt	Served with 2x medium eggs, 2x wholegrain flatbreads and 2tbsp plain yoghurt	Served with Braised Red Cabbage, Peas & Leeks and celariac mash	Served with a wholemeal crusty roll and a mixed leaf side salad
504 cals	536 cals	514 cals	593 cals	591 cals	587 cals	658 cals
1486 cals	1484 cals	1426 cals	1387 cals	1310 cals	1413 cals	1482 cals

EST DAILY CALORIES

(incl optional serving suggestions)

Snacks:

Add one or two each day such as:

1x wholemeal toast with 10g peanut butter / handful nuts (cashews/walnuts/almonds) / 30g dark chocolate / 1-2 slices of malt loaf or fruit bread
 1x medium piece of fruit (apple, pear, banana) + optional nut butter / 2x small fruits (kiwi, satsuma, plum) / 30g dried fruit (apricots, sultanas, mango)
 milky coffee/latte/cappuccino with skimmed milk / 80g fruit salad or mixed berries / small pot of low fat Greek yoghurt + optional berries
 30g plain popcorn with seasoning of your choice / 2x wholegrain crispbreads with low fat cottage or cream cheese.