

LOVE
EATING
WELL

Calorie Conscious 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

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

328 cals

TUESDAY

Low salt/sugar baked beans on 2x slices wholemeal toast.

341 cals

WEDNESDAY

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

295 cals

THURSDAY

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

331 cals

FRIDAY

2x scrambled eggs, 1x slice wholemeal toast and 80g mushrooms, grilled

293 cals

SATURDAY

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

292 cals

SUNDAY

2x poached eggs, 1x slice wholemeal toast, 80g cherry tomatoes, roasted

291 cals

Lunch:

COOK Pot for One

POT

Halloumi & Roasted Veg Pasta

317 cals

POT

Sweet Potato & Aubergine Sri Lankan Curry

297 cals

POT

Sticky Soy Glazed Beef

313 cals

POT

Sticky Veg Satay

335 cals

POT

Singapore Noodles

289 cals

POT

Chicken Tom Yum

126 cals

POT

Spinach, Lentil & Potato Masala

269 cals

Dinner:

COOK meal plus optional serving suggestions

In Bold = COOK side dishes

Middle Eastern Chicken with Mixed Spiced Grains

Served with 1 wholemeal flatbread and a mixed veg side salad

514 cals

Artichoke & Asparagus with Salsa Verde

Served with 1x poached egg

303 cals

Moroccan Lemon Chicken

Served with **Minted Couscous**, and a simple mixed leaf salad

581 cals

Spanish Bean Stew with Peppers & Kale

Served with a baked sweet potato

435 cals

Chicken, Pea & Bacon Risotto

Served with a simple mixed leaf salad

487 cals

Pulled Beef Chilli

Served with **Plain Basmati Rice** and steamed mixed green veg

650 cals

Beef Bourguignon

Served with celeriac mash and **Peas & Leeks**

478 cals

EST DAILY CALORIES

(incl optional serving suggestions)

1159 cals

941 cals

1189 cals

1101 cals

1069 cals

1068 cals

1038 cals

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.