

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 15g cheddar cheese	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, 10g mixed seeds	40g porridge oats, 300ml skimmed milk, 30g raisins 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 in 1tsp oil and 10g mixed seeds
403 cal	398 cal	423 cal	328 cal	385 cal	330 cal	442 cal

Lunch:

Sticky Veg Satay	Teriyaki Chicken Noodles	Lemon & Herb Chicken	Halloumi & Roasted Veg Pasta	Sweet Potato & Aubergine Sri Lankan Curry	Sticky Soy Glazed Beef	Mac Cheese with Ham & Cauliflower
Steamed or stir-fried greens and 30g cashews	30g cashews and steamed or stir-fried greens	Mixed veg side salad	Mixed veg side salad, salad dressing and 10g mixed seeds	Mixed green veg, steamed and 2 tbsp plain yoghurt	Steamed or stir-fried greens	Mixed veg side salad and salad dressing
556 cal	551 cal	319 cal	496 cal	371 cal	358 cal	426 cal

Dinner:

In Bold =
COOK side dishes

Spanish Bean Stew with Peppers & Kale	Red Lentil & Mixed Bean Casserole	Meatballs in a Rustic Tomato Sauce	Thai Basil Chicken	Moroccan Spiced Lamb Tagine	Keralan Prawn & Mango Curry	Lamb Casserole
Baked Sweet Potato	Jacket Potato and 30g cheddar cheese	Wholewheat spaghetti, 15g cheddar cheese and rocket salad	Plain Basmati Rice and steamed or stir-fried greens	Minted Couscous, Steamed Green Beans and 2 tbsp plain yoghurt	1x Plain Naan Bread, Brown Rice and steamed or stir-fried greens	Peas & Leeks
435 cal	504 cal	727 cal	577 cal	662 cal	779 cal	514 cal

5 a Day:

8	5	5	5	4	4	4
1394 cal	1453 cal	1469 cal	1401 cal	1418 cal	1467 cal	1382 cal

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