

Balanced Diet Weekly Meal Planner 1

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:

MEAT-FREE MONDAY

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

403 cal

TUESDAY

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

441 cal

WEDNESDAY

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

398 cal

THURSDAY

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

423 cal

FRIDAY

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

385 cal

SATURDAY

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

330 cal

SUNDAY

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

383 cal

Lunch:

Sweet Potato & Aubergine Sri Lankan Curry

Steamed Mixed Green Veg and 2 tsp plain yoghurt

361 cal

Singapore Noodles

Steamed or stir-fried greens

334 cal

Chicken Pad Thai

396 cal

Keralan Chicken Curry

2 tsp plain yoghurt

354 cal

Prawns with Chorizo & Lentils

Wholemeal crusty roll, mixed leaf salad and salad dressing

507 cal

Chicken Noodle Laksa

30g cashews and sliced spring onions

496 cal

Green Thai Chicken Noodles

30g cashews and steamed or stir-fried greens

519 cal

Dinner:

In Bold = COOK side dishes

Mexican Three Bean Chilli

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

661 cal

Sage Chicken with Lemon Greens

Wholemeal Crusty Roll

594 cal

Sweet Potato Katsu Curry

Steamed or stir-fried greens

434 cal

Moroccan Sweet Potato Couscous

1x wholegrain flatbread

562 cal

Creamy Chicken & Mushroom Spaghetti

Mixed Leaf Salad

469 cal

Beef Bourguignon

Braised Red Cabbage, Peas & Leeks and Celeriac Mash

587 cal

Chilli con Carne

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

541 cal

5 a Day:

7

4

5

4

5

5

6

EST DAILY CALORIES

(incl serving suggestions)

1425 cal

1369 cal

1228 cal

1339 cal

1361 cal

1413 cal

1443 cal

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