

# Balanced Diet Weekly Meal Planner 2

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

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

**398 cal**

### WEDNESDAY

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

**423 cal**

### THURSDAY

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

**442 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

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

**328 cal**

## Lunch:

Sweet Potato & Aubergine Sri Lankan Curry

Steamed Mixed Green Veg and 2 tbsp plain yoghurt

**361 cal**

Teriyaki Chicken Noodles

30g cashews and steamed or stir-fried greens

**551 cal**

Lemon & Herb Chicken

Mixed veg side salad

**319 cal**

Halloumi & Roasted Veg Pasta

Mixed veg side salad, salad dressing and 10g mixed seeds

**496 cal**

Sticky Veg Satay

Steamed or stir-fried greens and 30g cashews

**556 cal**

Sticky Soy Glazed Beef

Steamed or stir-fried greens

**358 cal**

Mac Cheese with Ham & Cauliflower

Mixed veg side salad and salad dressing

**452 cal**

## Dinner:

In Bold = COOK side dishes

Red Lentil & Mixed Bean Casserole

Jacket Potato and 30g cheddar cheese

**504 cal**

Butternut Squash & Coconut Curry

**285 cal**

Cauliflower & Aubergine Shakshuka

2 medium eggs, 2 wholegrain flatbreads and 2 tbsp plain yoghurt

**595 cal**

Tikka Chicken with Mango Rice

**416 cal**

Salmon & Cougette Linguine

Mixed Leaf Salad

**440 cal**

Meatballs in a Rustic Tomato Sauce

Wholewheat spaghetti, 15g cheddar cheese and rocket salad

**727 cal**

Moroccan Spiced Lamb Tagine

Minted Couscous, steamed green beans and 2tbsp plain yoghurt

**662 cal**

## 5 a Day:

**6**

**5**

**7**

**6**

**5**

**5**

**4**

## EST DAILY CALORIES

(incl serving suggestions)

**1268 cal**

**1234 cal**

**1337 cal**

**1354 cal**

**1381 cal**

**1415 cal**

**1442 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