

LOVE  
EATING  
WELL

# Balanced Diet Weekly Meal Planner A

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

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, 10g mixed seeds

328 cal

## WEDNESDAY

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

398 cal

## THURSDAY

1/2 avocado, mashed with a squeeze of lime, 2x slices wholemeal toast, 80g cherry tomatoes, roasted 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, 80g cherry tomatoes, roasted

383 cal

**Lunch:**  
COOK Pot for One plus optional serving suggestions

POT

Vietnamese Pork Meatballs

Garnished with 10g mixed seeds and spring onion. Served with steamed or stir-fried greens

453 cal

POT

Nasi Goreng

Garnished with 30g cashews. Served with steamed or stir-fried greens

514 cal

POT

Pork & Lentil Ragù with Wholewheat Spaghetti

Garnished with parmesan. Served with a mixed vegetable side salad with dressing

490 cal

POT

Chicken Noodle Laksa

Garnished with 30g cashews and sliced spring onion

496 cal

POT

Sicilian Tuna Pasta

Garnished with parmesan. Served with a mixed vegetable side salad with dressing

434 cal

POT

Sweet Potato & Aubergine Sri Lankan Curry

Garnished with 2 tsp yoghurt. Served with mixed green veg and a plain naan bread

546 cal

POT

Chicken Pad Thai

Served with steamed or stir-fried greens

441 cal

**Dinner:**  
COOK meal plus optional serving suggestions

In Bold = COOK side dishes

Middle Eastern Chicken with Mixed Spiced Grains

Served with 1 wholegrain flatbread and a mixed vegetable side salad

514 cal

Cauliflower & Aubergine Shakshuka

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

591 cal

Yellow Thai Prawn Curry

Served with **Coconut & Lime Leaf Rice** and steamed or stir-fried greens

488 cal

Lamb Hotpot

Served with **Peas & Leeks and Chantenay Carrots**

587 cal

Chilli con Carne

Served with baked sweet potato, avocado and 2tbsp plain yoghurt

536 cal

Moroccan Lemon Chicken

Served with **Minted Couscous**, mixed leaf salad and 2 tsp plain yoghurt

605 cal

Beef Bourguignon

Served with **Cavolo Nero with Rosemary, Medley of Roasted Veg and celeriac mash**

531 cal

**EST DAILY CALORIES**  
(incl optional serving suggestions)

1370 cal

1433 cal

1376 cal

1506 cal

1355 cal

1481 cal

1355 cal

**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.