

LOVE
EATING
WELL

Balanced Diet Weekly Meal Planner B

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 and 10g mixed seeds

442 cal

Lunch:
COOK Pot for One plus optional serving suggestions

POT

Asparagus & Pesto Gnocchi

Served with a mixed vegetable salad with dressing

452 cal

POT

Teriyaki Chicken Noodles

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

551 cal

POT

Mac Cheese with Ham & Cauliflower

Served with a mixed vegetable side salad with dressing

453 cal

POT

Sticky Soy Glazed Beef

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

417 cal

POT

Halloumi & Roasted Veg Pasta

Garnished with 10g mixed seeds. Served with a mixed vegetable side salad with dressing

496 cal

POT

Keralan Chicken Curry

Garnished with 2 tbsp yoghurt. Served with mixed green veg, steamed.

404 cal

POT

Prawns with Chorizo & Lentils

Served with a wholemeal crusty roll and a mixed leaf side salad with dressing.

551 cal

Dinner:
COOK meal plus optional serving suggestions

In Bold = COOK side dishes

Moroccan Spiced Lamb Tagine

Served with **Minted Couscous** and a mixed leaf salad.

608 cal

Spanish Bean Stew

Served with **Roasted New Potatoes** and a mixed vegetable side salad with dressing.

605 cal

Roasted Vegetable & Chickpea Curry

Garnished with 30g cashews. Served with **Peas Pilau** and steamed or stir-fried greens

565 cal

Meatballs in a Rustic Tomato Sauce

Garnished with 15g cheddar cheese. Served with courgette ribbons and **Cavolo Nero** with Rosemary

533 cal

Chilli con Veggie

Served with **Plain Basmati Rice**, mixed green veg, steamed, 2tbsp plain yoghurt & 1/2 avocado with a squeeze of lime.

628 cal

Roasted Vegetable Lasagne

Served with mixed leaf side salad with dressing.

717 cal

Lamb Casserole

Served with **Carrot & Swede Mash** and **Peas & Leeks**.

472 cal

EST DAILY CALORIES

(incl optional serving suggestions)

1463 cal

1484 cal

1416 cal

1373 cal

1509 cal

1451 cal

1465 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.