

LOVE
EATING
WELL

Calorie Conscious Weekly Meal Planner

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 on 2x slices wholemeal toast

341 cals

TUESDAY

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

328 cals

WEDNESDAY

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

295 cals

THURSDAY

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

331 cals

FRIDAY

2x scrambled eggs, 1x slice wholemeal toast and 80g mushrooms, grilled

293 cals

SATURDAY

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

292 cals

SUNDAY

2x poached eggs, 1x slice wholemeal toast, 80g cherry tomatoes, roasted

291 cals

Lunch:

COOK Pot for One

POT

Vietnamese Pork Meatballs

329 cals

POT

Sticky Soy Glazed Beef

313 cals

POT

Pork & Lentil Ragù with Wholewheat Spaghetti

330 cals

POT

Chicken Noodle Laksa

300 cals

POT

Sicilian Tuna Pasta

274 cals

POT

Sweet Potato & Aubergine Sri Lankan Curry

297 cals

POT

Prawns with Chorizo & Lentils

290 cals

Dinner:

COOK meal plus optional serving suggestions

In Bold = COOK side dishes

Lamb Casserole

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

472 cals

Cauliflower & Aubergine Shakshuka

Served with 2 medium eggs and 1 wholegrain flatbread

465 cals

Yellow Thai Prawn Curry

Served with **Plain Basmati Rice** and mixed green veg steamed or stir-fried in a small amount of oil

500 cals

Middle Eastern Chicken with Mixed Spiced Grains

Served with 1 wholemeal flatbread

464 cals

Chilli con Carne

Served with **Plain Basmati Rice** and mixed green veg, steamed

574 cals

Moroccan Lemon Chicken

Served with **Minted Couscous**, and a simple mixed leaf salad

581 cals

Beef Bourguignon

Served with **Cavolo Nero with Rosemary and Roasted New Potatoes.**

490 cals

EST DAILY CALORIES

(incl optional serving suggestions)

1142 cals

1106 cals

1125 cals

1095 cals

1141 cals

1170 cals

1071 cals

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.