

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.