

Meal Plan

Meal plan for the week

	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Monday	Breakfast Bar- I recommend nutrigrain, Alpen, nature valley, jordans, special K (these are probs the best nutrition wise) and believe it or not Rice Krispie squares	Full Fat Greek Yoghurt	Chargrilled alioli chicken wrap or similar	Graze Flapjack	Veggie Lasagna with Salad
Tuesday	2 Slices of banana bread with peanut butter (recipe for banana bread if you fancy it otherwise a slice of soreen banana bread which is yum!)	Crisps (choose out of the following: small pack of... quavers, skips, popchips, sunbites, twiglets, snack a jacks)	Soup with bread roll (one with lots of protein and veg... local cafes will have some nice fresh ones... even cafe Nero etc.	Couple of biscuits of your choice with a hot chocolate (skimmed milk)	Chicken with pesto and creme fraiche and sweet potato wedges
Wednesday	Smoothie bowl- 200g natural yoghurt blended with 125ml semi skimmed milk and a banana swirled with table spoon of honey and whatever you like fruit wise chopped in.	Graze snack pack	Tuna mayo sandwich and a chocolate bar	2 x Crisp breads/ crackers with hummus and tomato	Stuffed sweet potato- bake potato then scoop out the inside leaving the shell and mix with low fat cheese and bacon and bake for a further 10 mins or so.
Thursday	Breakfast Bar	Packet of low fat popcorn	Sushi	Crisps (see previous to know choices)	Chicken Paella
Friday	2 slices banana bread with Nutella drizzle (see Saturday for recipe)	Graze flapjack	Sourdough toastie packed with avocado and Brie	Cereal bar - see Monday for ideas	Steak and sweet potato wedges with some frozen yoghurt for dessert.

	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Saturday	Strawberries, ricotta and Nutella drizzle on toast: Nutella drizzle= 1 1/2 teaspoons melted coconut oil and 1 teaspoon maple syrup heated on a low heat. Add cocoa powder (2 teaspoons) and 1 teaspoon ground almonds and heat for further five mins) . Spread some low fat ricotta cheese over two pieces of toast and top with strawberries and drizzle.	Cereal bar of your choice	chicken burger - wholemeal bread roll layered with low fat Mayo, chicken fillet and melted low fat cheese and a full fat yoghurt	Handful of dried fruit (don't hate me)! Or try two fruit winders	Pad Thai chicken
Sunday	Poached Egg on toast with spinach	Crisps (see previous choices or try some vegetable crisps!)	Sunday Roast of your choice	Chocolate bar	Tuna Nicosse salad

Chicken with pesto and creme fraiche:

Good quality chicken breast chopped up and fried over medium heat with 1 teaspoon of oil. Once cooked take out chicken and out to one side, then add half small onion (chopped) , 1 clove garlic chopped, couple handfuls chopped mushrooms and some baby corn. And cook for 2-4 minutes. Mix with chicken pieces and with couple of spoonfuls of pesto and creme fraiche to make a healthy sauce. You can buy premade sweet potato wedges to have on the side.

Banana Bread

- 125g spreadable light butter
- 160g brown sugar
- 2 large eggs
- 250g flour
- 2 tsp baking powder
- 3 ripe bananas

Literally super simple: cream together the butter and sugar then whisk the eggs in one at a time. Fold in flour and baking powder to eggy mix. Mash bananas with back of fork and fold into the mixture. Then just put in a lined loaf tin and bake in preheated oven (180 degrees) for 45- 50 mins.

Serves 8.