

# Week 1

<b>Mon</b>	<b>Main Ingredients</b>	<b>Time</b>
<b>Breakfast</b>	3. Peanut Butter Yogurt Oatmeal	10
<b>Lunch</b>	1. Sandwich: Lettuce; Cheese, Cucumber	5
<b>Aft Snack</b>	1 Fruit	...
<b>Soup</b>	...	...
<b>Salad</b>	3. Waldorf Salad	10
<b>Meal</b>	3. Broccoli Lemon Chicken with Cashews	25
<b>Desert</b>	Nuts - see Snacks	...

<b>Wed</b>	<b>Main Ingredients</b>	<b>Time</b>
<b>Breakfast</b>	7. All Bran and Peach	5
<b>Lunch</b>	3. Sandwich: Avo, Lettuce, Tomato	10
<b>Aft Snack</b>	Cheese	...
<b>Soup</b>	... <span style="background-color: yellow;">Note - You have some preparation for breakfast/lunch tomorrow - 10 mins</span>	...
<b>Salad</b>	...	...
<b>Meal</b>	20. Oven-baked Fish & Chips	60
<b>Desert</b>	Fruit of your choice	...

<b>Fri</b>	<b>Main Ingredients</b>	<b>Time</b>
<b>Breakfast</b>	11. Bacon & Tomato on Toast	10
<b>Lunch</b>	5. Sandwich: Beef, Onion, Tomato	5
<b>Aft Snack</b>	Yogurt & Cucumber Strips	5
<b>Soup</b>	2. Lemon Peel Chicken Soup with Rice	<b>55 *</b>
<b>Salad</b>	...	...
<b>Meal</b>	1. Beef, Mushroom & Greens stir-fry	20
<b>Desert</b>	Nuts - see Snacks	...

<b>Sun</b>	<b>Main Ingredients</b>	<b>Time</b>
<b>Breakfast</b>	13. Whole Wheat Muffins	30
<b>Lunch</b>	2. Sandwich: Cream Cheese, Apple	10
<b>Aft Snack</b>	Perfect Popcorn	10
<b>Soup</b>	<span style="background-color: yellow;">3. Black Bean &amp; Ham Soup</span>	<b>120 *</b>
<b>Salad</b>	...	...
<b>Meal</b>	17. Chargrilled steak with sweet potatoes	30
<b>Desert</b>	Fruit of your choice	...

<b>Tue</b>	<b>Main Ingredients</b>	<b>Time</b>
<b>Breakfast</b>	9. Simple Egg on Toast	10
<b>Lunch</b>	11. Cracker: Cheddar; Mustard & Carrots	5
<b>Aft Snack</b>	Nuts	...
<b>Soup</b>	1. Pea Soup	<b>20 *</b>
<b>Salad</b>	<span style="background-color: #90EE90;">2. Cajun Tuna Salad</span>	10
<b>Meal</b>	...	...
<b>Desert</b>	1. Broiled Mango	15

<b>Thu</b>	<b>Main Ingredients</b>	<b>Time</b>
<b>Breakfast</b>	<span style="background-color: yellow;">4. Muesli with Yoghurt &amp; Berries</span>	...
<b>Lunch</b>	<span style="background-color: yellow;">6. Roll: Eggs, Pickles, Chives &amp; Parsley</span>	10
<b>Aft Snack</b>	1 Fruit	...
<b>Soup</b>	...	...
<b>Salad</b>	1. Mustard Potato Salad	25
<b>Meal</b>	11. Apricot Meatballs	25
<b>Desert</b>	2. Chocolate & Banana	10

<b>Sat</b>	<b>Main Ingredients</b>	<b>Time</b>
<b>Breakfast</b>	5. Apple Cinnamon Oatmeal	10
<b>Lunch</b>	9. Roll: Feta, Spinach, Cucumber; Onion	10
<b>Aft Snack</b>	Yogurt & Carrot Strips	5
<b>Soup</b>	... <span style="background-color: yellow;">Preparation for Soup tomorrow - 5 mins</span>	...
<b>Salad</b>	<span style="background-color: #90EE90;">4. Apple Chicken salad</span>	10
<b>Meal</b>	...	...
<b>Desert</b>	3. Cinnamon Oranges	10

Remember: A **mid morning snack** of at least one fruit every day. See *Snack & Beverages*

Salad & Meal combination

\* Next week you will just warm up the soups