

Healthy eating plan

Breakfast

Monday: Weetbix with Yoghurt or a Smoothie with Fruit and Yoghurt.

Tuesday: Yoghurt with berries or some type(s) of fruit.

Wednesday: Porridge with fruit or yoghurt because porridge is yum as.

Thursday: Special K with some fruit or yoghurt.

Friday: Nutri-Grain with a smoothie.

Saturday: Bacon and Eggs.

Sunday: Scrambled eggs with chives and diced tomatoes.

Lunch

Monday: Whole grain wrap (With lettuce, cheese, a meat of your choice and a sauce of your choice), Piece of fruit, plain crackers (With cheese and salami if you wish).

Tuesday: Whole grain sandwich (With cheese, ham and lettuce), Carrots and dip and a berry smoothie.

Wednesday: Chicken on rice with a piece of fruit.

Thursday: Salad, and a fruit smoothie

Friday: Baked beans on toast with cheese.

Saturday: Fruit salad and crackers.

Sunday: Boiled eggs with toast

Dinner

Monday: Cooked meat, Greens of any kind, Brown rice and corn. (optional)

Tuesday: Lasagna and salad.

Wednesday: Fish (Cooked however you want), Rice.

Thursday: Stuffed potato with veggies.

Friday: Homemade Casserole or Curry.

Saturday: Chicken with salad.

Sunday: Takeaways (One day a week)

Snacks

Monday: Plain popcorn and Fruit

Tuesday: Corn chips and fruit

Wednesday: Avocado on toast

Thursday: Fruit Salad

Friday: Croissant cheese and ham.

Saturday: Crackers and cheese

Sunday: Muesli bar and a piece of fruit

Healthy Shared Lunch

Food:

Cheese and Crackers (Maybe with salami)

Salad (Lettuce, cheese, Tomato, Chicken, Spinach)

Carrots, Celery and dip

Ham, cheese and lettuce (Maybe tomato) sandwiches

Boiled egg

Potato salad

Fruit skewers

Salted nuts (Peanuts, Almonds, etc)

Pretzels

Healthy wraps (Cheese, Lettuce, Chicken, Cucumber, Carrot)

Plain cookies