

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	1 oz cereal semi skimmed milk half a banana small glass of orange juice	Smoothie of your choice	2 slices of toast (jam/marmite) no butter	1oz cereal prunes semi skimmed milk	Low fat yoghurt 1 piece of fruit	1 slice of toast 1 poached/fried egg	Smoothie of your choice
Snack	Low-fat Yoghurt	Handful of nuts and raisins	1 piece of fruit	Nutri-grain bar	Muffin	Fruit	No snack
Lunch	Sandwich: 2 slices of Rye bread Tuna/salad/chicken A piece of fruit	One Bagel Smoked Salmon and Cream Cheese	Baked beans on toast A piece of fruit	Salmon/Tuna salad A slice of bread	Baked potato with cottage cheese/ baked beans/ chilli	Salad of your choice or from the TM website	Roast dinner of your choice Crumble and custard
Snack	Muffin: bran/fruit	1 small Flapjack	Turkish Delight	Tea Cake	Dried apricots	Handful of Grapes	Apple
Dinner	Jacket potato Baked beans Jelly and custard	Veggie Shepherd's pie Vegetables Chocolate Mousse	Cod in Parsley sauce, vegetables and boiled potatoes	Chinese stir fry	Spaghetti bol./ chilli con carne/ pasta dish with a fish topping	Chicken burger/ kebab/ low fat meal of your choice	Sandwich: chicken/Salmon/ salad/egg

Weekly Nutritional Information: Energy 1589kcal; carbohydrate: 236g (58.8% of kcal); fat: 35g (22% of kcal); protein: 68g (18.4% of kcal)