

	Meal 1	✓	Meal 2	✓	Meal 3	✓	Snack 1	✓	Snack 2	✓
Saturday	2 boiled eggs with 1 slice of toast		Tuna Salad		Chicken in breadcrumbs with salad and baby potatoes					
Sunday	2 boiled eggs with 1 slice of toast		Vegetarian sausages with mixed vegetables		Tagliatelle Bolognese					
Monday	Overnight oats		Chicken & vegetable cous cous		Minestrone		Apple with greek yogurt			
Tuesday	2 boiled eggs with 1 slice of toast		Chicken & vegetable cous cous		Minestrone		Apple with greek yogurt			
Wednesday	Overnight oats		Chicken & vegetable cous cous		Minestrone		Apple with greek yogurt		Square of dark chocolate	
Thursday	Porridge		Risotto		Venison grill steaks with corn on the cob		Apple with greek yogurt		Square of dark chocolate	
Friday	Overnight oats		Vegetarian sausages with mixed vegetables		Risotto		Apple with greek yogurt			