

	Meal 1	✓	Meal 2	✓	Meal 3	✓	Snack 1	✓	Snack 2	✓
<b>Saturday</b>	Breakfast out		Vegetarian sausages with cous cous		Chicken in breadcrumbs served with baby potatoes & salad					
<b>Sunday</b>	2 boiled eggs with 1 slice of toast		Lunch out		Chicken in breadcrumbs served with baby potatoes & salad					
<b>Monday</b>	2 boiled eggs with 1 slice of toast		Italian butternut squash soup		Stuffed peppers		Apple with greek yogurt		Orange	
<b>Tuesday</b>	Overnight oats		Lunch out		Stuffed peppers		Apple with greek yogurt		Orange	
<b>Wednesday</b>	2 boiled eggs with 1 slice of toast		Italian butternut squash soup		Fish, rice and mixed green veg		Apple with greek yogurt		Orange	
<b>Thursday</b>	Overnight oats		Italian butternut squash soup		Fish, rice and mixed green veg		Apple with greek yogurt		Orange	
<b>Friday</b>	Overnight oats		Vegetarian sausages with salad		Spicy chicken wings with corn on the cob		Apple with greek yogurt		Orange	