

	Meal 1	✓	Meal 2	✓	Meal 3	✓	Snack 1	✓	Snack 2	✓
Saturday	2 boiled eggs with 1 slice of toast		Vegetarian sausages with salad		Dinner out					
Sunday	2 boiled eggs with 1 slice of toast		Lunch out		Beef stir fry					
Monday	2 boiled eggs with 1 slice of toast		Sausages served with green lentils & pearl barley		Turkey meatball kebabs served with mixed roasted vegetables		Apple with greek yogurt		Orange	
Tuesday	Overnight oats		Sausages served with green lentils & pearl barley		Turkey meatball kebabs served with mixed roasted vegetables		Apple with greek yogurt		Orange	
Wednesday	2 boiled eggs with 1 slice of toast		Sausages served with green lentils & pearl barley		Turkey meatball kebabs served with mixed roasted vegetables		Apple with greek yogurt		Orange	
Thursday	Overnight oats		Tuna salad		Venison grill steaks served with corn on the cob		Apple with greek yogurt		Orange	
Friday	Overnight oats		Tuna salad		Homemade pizza		Apple with greek yogurt		Orange	