

	Meal 1	✓	Meal 2	✓	Meal 3	✓	Snack 1	✓	Snack 2	✓
Saturday	2 boiled eggs with 1 slice of toast		Vegetarian sausages with broccoli		Turkey burgers with sweet potato fries & salad					
Sunday	2 boiled eggs with 1 slice of toast		Lunch out		Turkey burgers with sweet potato fries & salad					
Monday	2 boiled eggs with 1 slice of toast		Chorizo, chilli & chickpea casserole		Pork chops with mixed roasted vegetables		Apple with greek yogurt		Orange	
Tuesday	Overnight oats		Chorizo, chilli & chickpea casserole		Pork chops with mixed roasted vegetables		Apple with greek yogurt		Orange	
Wednesday	2 boiled eggs with 1 slice of toast		Chorizo, chilli & chickpea casserole		Chicken stir fry		Apple with greek yogurt		Orange	
Thursday	Overnight oats		Tuna salad		Chicken stir fry		Apple with greek yogurt		Orange	
Friday	Overnight oats		Tuna salad		Baked cod with cous cous & green vegetables		Apple with greek yogurt		Orange	