

	Meal 1	✓	Meal 2	✓	Meal 3	✓	Snack 1	✓	Snack 2	✓
Saturday	Porridge		Tuna Salad		Dinner out					
Sunday	Porridge		Tuna Salad		Dinner out					
Monday	Overnight oats		Lunch out		Pastina in brodo		Apple with greek yogurt		Orange	
Tuesday	Overnight oats		Italian butternut squash soup		Frittata with roasted vegetables		Apple with greek yogurt		Orange	
Wednesday	2 boiled eggs with 1 slice of toast		Italian butternut squash soup		Frittata with roasted vegetables		Apple with greek yogurt		Orange	
Thursday	Overnight oats		Italian butternut squash soup		Frittata with roasted vegetables		Apple with greek yogurt		Orange	
Friday	Overnight oats		Weekend Away		Weekend Away					