

	Meal 1	✓	Meal 2	✓	Meal 3	✓	Snack 1	✓	Snack 2	✓
Saturday	2 boiled eggs with 1 slice of toast		Vegetarian sausages with mixed veg		Steak with potatoes & salad					
Sunday	2 boiled eggs with 1 slice of toast		Lunch out		Stuffed peppers with salad					
Monday	Overnight oats		Pollo al sugo with mixed vegetables		Stuffed peppers with corn on the cob		Apple with greek yogurt			
Tuesday	Overnight oats		Pollo al sugo with mixed vegetables		Italian butternut squash soup		Apple with greek yogurt			
Wednesday	Overnight oats		Pollo al sugo with mixed vegetables		Italian butternut squash soup		Apple with greek yogurt		Square of dark chocolate	
Thursday	Porridge		Beef stir fry		Italian butternut squash soup		Apple with greek yogurt		Square of dark chocolate	
Friday	Overnight oats		Beef stir fry		Meal out		Wine			