

	Meal 1	✓	Meal 2	✓	Meal 3	✓	Snack 1	✓	Snack 2	✓
Saturday	2 boiled eggs with 1 slice of toast		Tuna Salad		Home-made lamb kofta curry served with boiled rice					
Sunday	2 boiled eggs with 1 slice of toast		Lunch out		Home-made lamb kofta curry served with boiled rice					
Monday	Overnight oats		Minestrone		Egg frittata served with roasted vegetables		Apple with greek yogurt		Orange	
Tuesday	Overnight oats		Minestrone		Egg frittata served with roasted vegetables		Apple with greek yogurt		Orange	
Wednesday	Overnight oats		Minestrone		Egg frittata served with roasted vegetables		Apple with greek yogurt		Orange	
Thursday	Overnight oats		Vegetarian sausages with salad		Venison grill steaks with corn on the cob		Apple with greek yogurt		Orange	
Friday	Overnight oats		Vegetarian sausages with salad		Turkey burgers with sweet potato fries & green beans		Apple with greek yogurt		Orange	