Monday Breakfast – Porridge/Muesli/Prunes/Flax Seeds/Yogurt (gym)

Monday Lunch – Feta Salad

Monday Dinner – Spicy Moroccan Chickpea Tagine & Couscous

Tuesday Breakfast – Scrambled Egg on Spinach with Nutmeg and Flax Seeds (home)

Tuesday Lunch – Carrot and Lentil Soup & Roll

Tuesday Dinner – Wholemeal pasta with spinach and ricotta

Wednesday Breakfast – Porridge/Muesli/Prunes/Flax Seeds/Yogurt (gym)

Wednesday Lunch- Sweet Potato, Garlic and Chilli Soup & Roll

Wednesday Dinner – Smoked Fish Kedgeree

Thursday Breakfast – Scrambled Egg on Spinach with Nutmeg and Flax Seeds (home)

Thursday Lunch – Moong Dahl Soup & Roll

Thursday Dinner – Quorn Chilli & Rice

Friday Breakfast – Porridge/Muesli/Prunes/Flax Seeds/Yogurt (gym)

Friday Lunch – Yellow Split Pea Soup & Roll

Friday Dinner – Fish Friday! Smoked Haddock Fish Cakes, Poached Egg and Mustard Sauce

Saturday Breakfast – Weekend Breakfast

Saturday Lunch –

Saturday Dinner –

Sunday Breakfast – Weekend Breakfast

Sunday Lunch –

Sunday Dinner –

Monday Breakfast – Porridge/Muesli/Prunes/Flax Seeds/Yogurt (gym)

Monday Lunch –

Monday Dinner –

Tuesday Breakfast – Scrambled Egg on Spinach with Nutmeg and Flax Seeds (home)

Tuesday Lunch –

Tuesday Dinner –

Wednesday Breakfast – Porridge/Muesli/Prunes/Flax Seeds/Yogurt (gym)

Wednesday Lunch -

Wednesday Dinner –

Thursday Breakfast – Scrambled Egg on Spinach with Nutmeg and Flax Seeds (home)

Thursday Lunch –

Thursday Dinner –

Friday Breakfast – Porridge/Muesli/Prunes/Flax Seeds/Yogurt (gym)

Friday Lunch –

Friday Dinner – Fish Friday!

Saturday Breakfast – Weekend Breakfast

Saturday Lunch –

Saturday Dinner –

Sunday Breakfast – Weekend Breakfast

Sunday Lunch –

Sunday Dinner –