

7 day meal plan

Sunday Prep - Overnight Oats: Mix 40g oats, 1/2 cup (125ml) milk and 100g yoghurt together in a bowl and leave in the fridge covered overnight. As per [\[this recipe\]](#).

Monday

Breakfast - Overnight oats; In the morning top with fresh fruit e.g. chopped banana, a tablespoon (tbsp) of linseeds, cinnamon & a drizzle of manuka honey.
Drink: Green tea.

Mid Morning Snack - Handful of cashew nuts (40g) and an apple.

Lunch - 3-4 crisp breads with cream cheese and salad with an olive oil and lemon juice dressing.

Mid Afternoon Snack - Dried Fruit

Evening Meal - Spaghetti Bolognese made with lean steak mince, chopped tomatoes, vegetables & served with either wholemeal spaghetti or spiralized courgette (make double portions for Tuesday).

Dessert - A handful of frozen grapes or banana ice-cream; simply blend frozen banana slices in a food processor until creamy or follow [\[this recipe\]](#) and dark chocolate chips.



Tuesday

Breakfast - Two slices of wholegrain, rye or seeded bread with butter or spread of choice, topped with two poached or scrambled eggs and wilted spinach or cherry tomatoes (cook in coconut oil). See [\[here\]](#) for further cooking instructions.

Mid Morning Snack - Quinoa Chips.

Lunch - 3-4 rice cakes with hummus and salad with an olive oil and balsamic vinegar dressing.

Mid Afternoon Snack - Nakd Bar (or other dried fruit & nut bar)

Evening Meal - Spaghetti Bolognese; left over from yesterday.

Dessert - Chia seed pudding (serves 2): Mix together 300ml milk with 4-5 tbsp chia seeds, 2 tbsp cacao powder and 2-3 tbsp manuka honey to taste. Pour into 2 glasses and chill for 30 mins before serving. As per [\[this recipe\]](#).



Wednesday

Breakfast - Porridge made with 40g oats, 250ml milk and topped with berries.
Drink: Green tea.

Mid Morning Snack - Bounce Ball or other nut butter based snack

Lunch - Baked sweet or jacket potato topped with cottage cheese and served with a green salad.

Mid Afternoon Snack - Handful of cashew nuts (40g) and a pear.

Evening Meal - Omelette made with two eggs and vegetables, cooked in a pan with coconut oil.

Dessert - Yoghurt topped with berries and honey. Green tea.

Prep Oat & blueberry muffins for next day: Pre-heat your oven to 180°C (350°F). Mix together 125g oats & 125g oat flour with 2 tsp baking powder, 1 tsp cinnamon & a pinch of salt. Add 2 mashed ripe bananas & stir with a fork before mixing in 150g blueberries (gently!). Whisk together 3 tbsp honey, 3 tbsp melted coconut oil, an egg, 185ml milk & 1 tsp vanilla extract before folding into the mixture until all of the dry mixture is coated. Divide into 16 silicone muffin cases or greased paper muffin cases (to prevent sticking 1 cal spray oil works for this). Bake for 25 mins until cooked then allow to cool! As per [\[this recipe\]](#)



Thursday

Breakfast - Two oat & blueberry muffins.

Mid Morning Snack - Dried Fruit

Lunch - 3-4 crisp breads with cream cheese and salad with dressing of choice.

Mid Afternoon Snack - Nakd Bar.

Evening Meal - Pesto creme fraiche chicken; as per [\[this recipe\]](#) - make extra portions for Friday or the freezer too.

Dessert - One to two handfuls of dark chocolate drops and cashew nuts.

Evening Prep - Overnight oats (as per Sunday night).



Friday

Breakfast - Overnight oats with fruit & seed toppings. Drink: Green tea.

Mid Morning Snack - Handful of cashew nuts (40g) and an apple.

Lunch - Baked sweet potato topped with tuna mixed with yoghurt and served with a green salad. For recipe instructions [[see here](#)].

Mid Afternoon Snack - Two oat & blueberry muffins.

Evening Meal - Pesto creme fraiche chicken (leftovers from Thursday) OR baked salmon with vegetables (top the salmon with Greek yoghurt, crushed Ryvita & a drizzle of olive oil before baking in the oven). For the full salmon recipe [[see here](#)].

Dessert - Bounce Ball.



Saturday



Breakfast - Greek yoghurt pancakes; Whisk together 2 eggs, 40g oat flour (oats blended), 100g yoghurt & 1-2 tsp honey. Cook in coconut oil and serve with extra yoghurt and berries.

Lunch - Bean or lentil soup with crisp breads. Drink: Green tea.

Evening Meal - Half a thin crust pizza with chicken and vegetable toppings, served with salad.

Dessert - Frozen grapes (sprinkle with sugar free jelly crystals before freezing for a sweeter hit!).



Sunday

Breakfast - Two oat & blueberry muffins.

Lunch - 3-4 rice cakes with smoked salmon, cream cheese and salad.

Evening Meal - Sunday roast; chicken, roast potatoes, vegetables, Yorkshire pudding & gravy.

Dessert - Nakd Bar. Drink: Green tea.