

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
BREAKFAST	SCRAMBLED EGGS AND GRILLED MUSHROOM 6 Eggs 12 medium size mushrooms 2 tablespoon of Olive Oil Salt and Pepper	PEANUT AND BANANA SMOOTHIE 2 medium bananas 2 Tbsp Organic Peanut Butter 400ml Skimmed milk or Unsweetened Almond Milk	EGG AND SOLDIERS 12 asparagus spears 4 lean bacon rashers 2 eggs 1 tablespoon olive oil	SALMON ON RYE 150g smoked salmon 2 pieces of rye bread 1 large handful of fresh spinach 1 teaspoon of butter black pepper and fresh lemon	APPLE PORRIDGE 100g organic rolled oats 100ml water 100ml almond milk Half a grated green apple Pinch of cinnamon Four tablespoons mixed seeds	SCRAMBLED EGGS 4 eggs 2 large tomatoes 2 slices seeded whole meal or rye bread Chopped chives 1 tablespoon butter	BACON AND EGGS 4 eggs 4 rashers of lean bacon 2 large portabello mushrooms 2 large tomato 2 tablespoons olive
LUNCH	TUNA ASPARAGUS SALAD 8 asparagus stems 1 x 200g cans tuna steaks in water, drained 1 x 400g cans cannellini beans in water, drained 1/2 red onion, very finely chopped 1 tbsp capers 2 tbsp olive oil 1 tbsp red wine vinegar 2 tbsp tarragon, finely chopped	CHICKEN KEBABS	CHICKEN AVOCADO wraps 2 wholemeal wraps 1 cooked skinless tikka chicken breast, coarsely shredded 1 large carrot, grated or shredded 1 large avocado, stoned and sliced Handful of salad leaves	FETA WRAP 50 g Feta 50g beetroot Handful mixed leaves 1 grated carrot 2 flat breads	ASIAN CHICKEN SALAD	LENTIL SALAD 2 tbsp olive oil 250g carrots, peeled, halved and cut into batons 1/2 tbsp agave 200g pouch cooked Puy lentils (or canned, drained and rinsed) 1/2 red onion ½ lemon, juiced Large handful mint leaves, roughly chopped 100g lamb's lettuces 85g feta cheese	FALAFEL WRAP 6 Falafel 2 tablespoon of hummus Mixed green salad leaves 2 sliced tomato 1 Sliced cucumber 1 whole meal flat bread wrap
DINNER	CHICKEN KEBABS 200g of Organic Chicken breast chopped into nuggets 1 courgette 1 red pepper 4 mushrooms Rocket Salad leaves 1 cup of Brown rice. Salsa 4 cherry tomatos Fresh basil ½ chopped red onion 1 tbsp olive oil 1 teaspoon of sweet chilli sauce	HADDOCK STEAKS 2 Haddock Steaks 1 large Sweet potato 1 Courgette 1 Red Pepper 1 Large Carrot 1 handful of Fresh Parsley 1 small knob of butter 1 tablespoon of Olive oil 1 tablespoon of Balsamic Vinegar	PRAWN AND BUCKWHEAT SALAD 12 large King Prawns 11/2 Cups buckwheat, Raw (147G) 1 Teaspoons Walnut Oil (10G) 2 Teaspoons Balsamic Vinegar (10G) ½ Medium Lemon (45G) 2 Medium Celery Stalk (40G) 1 Medium Red Pepper (92G) 4 red onion (26G) 2 Medium Carrot (122G) ¼ Cups Fresh Parsley Extra Virgin Olive Oil	ASIAN CHICKEN SALAD 2 boneless, skinless chicken breast 2 tbsp fish sauce zest and juice 1 lime (about 1 tbsp) 1.5 tsp caster sugar or agave 200g bag mixed salad leaves Large handful coriander, roughly chopped ¼ red onion, thinly sliced ½ chilli, deseeded and thinly sliced ¼ cucumber, halved lengthways, sliced 1 tablespoon sesame oil	SPRING LAMB AND SALAD 2 lean lamb steaks 150g fresh spinach 1 large carrot 1 red pepper 1 red onion 100g natural yogurt 1 tablespoon mixed seeds 1 tablespoon mint sauce 1 tablespoon extra virgin olive oil	GRILLED TUNA STEAK 2 Grilled Fresh Tuna Steak Watercress and mixed leafs 10-12 mini new potatoes 12-14 black olives 10 Cherry tomatoes 1 Red onion 150g Steamed green string beans Olive Oil and balsamic dressing	COD MASH 2 Cod steaks 4 large carrots 2 cups broad beans 4 large handfuls of Spinach 2 tablespoon of Miso paste 2 tablespoon of Extra Virgin Olive Oil