

/ day 1 /

breakfast

6

[Bircher muesli with peaches](#)



lunch

5

[Chicken, strawberry & balsamic vinegar salad](#)

snacks

[Fruit & grain snack bar](#)

3

Fresh fruit

0

dinner

9

[beef fried rice](#)



/ day 2 /

breakfast

5

[Avocado toast](#)

lunch

3

[Niçoise salad](#)



snacks

150g 0% fat Greek yogurt & fruit

0

[Fruit & grain snack bar](#)

3



dinner

6

[Cod, chorizo & chickpea traybake](#)

/ day 3 /

breakfast

6

[Bircher muesli with peaches](#)

lunch

3

[Feta, olive tomato & cucumber open sandwich](#)



snacks

2 tbsp reduced-fat houmous with crudités

4

Fresh fruit

0

6 almonds

2

dinner

6

[Mousakka](#)



/ day 4 /

breakfast

5

[Avocado toast](#)



lunch

5

[Chicken, strawberry & balsamic vinegar salad](#)

snacks

1 tbsp reduced-fat houmous with crudités

2

6 almonds

2

dinner

7

[Spicy szechuan turkey mince with green beans](#)



/ day 5 /

breakfast

4

[Strawberry smoothie](#)



lunch

3

[Niçoise salad](#)

snacks

150g 0% fat Greek yogurt & fruit

0

[Fruit & grain snack bar](#)

3

dinner

4

[Chicken & artichoke traybake](#)

