

/ day 1 /

breakfast

2

[Fruit salad with lime dressing](#)



lunch

6

[Tuna Nicoise open sandwich](#)



snacks

2 tbsp reduced-fat

houmous with crudités

Apple with 1 tbsp peanut

butter

dinner

[Prawn & egg fried rice](#)

/ day 2 /

breakfast

5

[Berry-baked oats with coconut](#)



lunch

4

[Tomato & mozzarella omelette](#)

snacks

150g 0% fat Greek

yogurt & fruit

[Fruit, cheese & nut plate](#)



dinner

[Salmon with white bean mash & a creamy lemon sauce](#)

/ day 3 /

breakfast

2

[Fruit salad with lime dressing](#)



lunch

2

[Mackerel, courgette, beetroot & white bean salad](#)

snacks

2 tbsp reduced-fat
houmous with crudités

[Fruit, cheese & nut plate](#)

dinner

[Veggie bibimbap](#)



/ day 4 /

breakfast

5

[Berry-baked oats with coconut](#)



lunch

6

[Italian-style pesto salad](#)

snacks

2 tbsp reduced-fat
houmous with crudités

Apple with 1 tbsp peanut
butter

dinner

[Tuna pasta bake with
Parmesan gremolata](#)



/ day 5 /

breakfast

5

[Berry-baked oats with coconut](#)



lunch

4

[Prawn & dill open sandwich](#)

snacks

150g 0% fat Greek
yogurt & fruit

[Fruit, cheese & nut plate](#)



dinner

[Sweet chilli fish & chips
traybake](#)