

/ day 1 /

breakfast

4

[Tropical fruit salad with oats & yogurt](#)



lunch

7

[Black rice salad with smoked tofu](#)

snacks

1 tbsp reduced-fat houmous with crudités
Fresh fruit

2

0

dinner

10

[Korean veggie stir-fry with crispy rice](#)



/ day 2 /

breakfast

4

[Ricotta & peach toast topper](#)

lunch

3

[Tomato & nectarine salad](#)



snacks

150g 0% fat Greek yogurt & fruit
[Spicy roasted mixed nuts](#)

0

3



dinner

7

[One pot leek, mushroom & pea pasta](#)

/ day 3 /

breakfast

4

[Tropical fruit salad with oats & yogurt](#)



lunch

3

[Satay vegetable noodles](#)



snacks

2 tbsp reduced-fat houmous with crudités
Fresh fruit

4

0

dinner

6

[Cauliflower curry](#)

/ day 4 /

breakfast

4

[Ricotta & peach toast topper](#)



lunch

3

[Tomato & nectarine salad](#)

snacks

1 tbsp reduced-fat houmous with crudités
[Spicy roasted mixed nuts](#)

2

3

dinner

1

[Aubergine parmigiana bake](#)



/ day 5 /

breakfast

5

[Chunky monkey breakfast pizza](#)



lunch

5

[Cauliflower 'rice' burrito bowls](#)

snacks

150g 0% fat Greek yogurt & fruit
[Spicy roasted mixed nuts](#)

0

3

dinner

10

[Honey & mustard veggie sausage traybake](#)

