

Breakfast Choices

- 1/2 cup of oats mixed with 3/4 cup berries. 2 tsp seeds. (Chia, flax & sesame). ***Men 1 cup.**
- 1 slice wholegrain toast & 2 eggs scrambled, chopped tomato & ½ avocado. ***Men 2 toast.**
- 1 slice of wholegrain toast with 2 turkey bacon or lean bacon, sliced tomato. Apple. ***Men 2 toast 3 bacon.**
- 1 slice wholegrain toast, 2 tsp. nut butter and 1/2 grapefruit. ***Men 2 slices and 3tsp. nut butter.**
- 3/4 cup of sugar free muesli & 2tsp seeds. ½ cup berries. ***Men 1 cup & 1 orange.**
- ½ cup oats, ½ cup berries ½ serve protein powder, almond milk & serve hot for porridge. ***Men 1 cup oats.**
- 1 slice wholegrain toast with 1 poached or boiled egg, sliced tomato and spinach. ***Men 2 slices and 2 eggs.**
- ¾ cup Greek yogurt, ¾ cup berries, 2 tsp. seeds. ***Men 1 cup and 1 orange.**

Lunch choices

Add pickle, mustard, extra light mayo to wraps if needed. Men add

- Wholemeal Pitta, bagel or wrap fillings: 3 chicken or Turkey slices, 3 Quorn meat slices, 2 turkey bacon, salmon, prawns, 2 boiled egg, tuna & salad. Serve with 1 apple or pear and 1 carrot cut into sticks. **Men add 1 handful of nuts.**
- 1 bowl **non cream of** fresh vegetable soup. 1 small handful of nuts and 1 small brown roll. **Men 1 large roll.**
- Salad bowl choices: 3 chicken or Turkey slices, tuna, boiled egg, 1 thumb sized slice feta, salmon, prawns, 2 boiled eggs, Quorn or 2 turkey bacon. 3 small new potatoes or ¼ cup brown rice (uncooked measure). **Men 5 new potatoes or ½ cup rice.**

Dinner Menu Choices:

If not vegetarian aim for 2 servings of oily fish a week. 1 day a week a meat free dinner.

- Lean mince or Quorn spaghetti bolognese with wholegrain pasta plus side serve of salad or steamed vegetables.
- 2 egg, vegetable frittata with 3 boiled new potatoes. Side salad plus side serve of salad or steamed vegetables.
Men 3 eggs and 5 new potatoes.

- Salad bowl choices: 3 chicken or Turkey slices, tuna, boiled egg, 1 thumb sized slice feta, salmon, prawns, 2 boiled eggs, Quorn or 2 turkey bacon. 3 small new potatoes or ¼ cup brown rice (uncooked measure). **Men 5 new potatoes or ½ cup rice.**
- Chicken, lean pork chop, fish or Quorn, prawns, tofu, stir fry with a non-sugar sauce, chopped veg & a serving of whole-wheat noodles or brown rice.
- Grilled chicken, lean pork, oily fish, prawns, Quorn, tofu with steamed vegetables and brown rice.
- 3 inch slices of Grilled haloumi with Mediterranean vegetables and brown rice.