

# Christmas Slim Down.

## 4 Week Meal Plan

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	<b>B:</b> Cereal & milk <b>L:</b> Soup & wholemeal roll. <b>D:</b> Chicken casserole with vegetables.	<b>B:</b> Granola & greek yoghurt with berries. <b>L:</b> Tuna wholemeal sandwich. <b>D:</b> Spaghetti bolognese	<b>B:</b> Scrambled eggs on toast. <b>L:</b> Mozzarella pesto & tomato granary roll. <b>D:</b> Mushroom risotto.	<b>B:</b> Porridge & milk <b>L:</b> Chicken salad. <b>D:</b> Steak, mushrooms, tomato & side salad.
TUE	<b>B:</b> Poached eggs on toast. <b>L:</b> Jacket potato with beans. <b>D:</b> Panfried seabass & vege.	<b>B:</b> Breakfast smoothie. <b>L:</b> Baked beans on wholemeal toast. <b>D:</b> Cod with potato wedges and peas.	<b>B:</b> Muesli & greek yoghurt, berries. <b>L:</b> Chicken & bacon salad. <b>D:</b> Shepherds pie with broccoli.	<b>B:</b> Scrambled eggs on toast. <b>L:</b> Mackerel pate on ryvita & salad. <b>D:</b> Vegan chilli.
WED	<b>B:</b> Porridge & milk. <b>L:</b> Chicken salad sandwich. <b>D:</b> Cottage pie with green beans.	<b>B:</b> 2 soft boiled eggs with toast/ <b>L:</b> Smoked salmon & low fat cream cheese on ryvitas. <b>D:</b> Chicken breast & vegetables.	<b>B:</b> Breakfast smoothie. <b>L:</b> Minestrone soup, tuna sandwich. <b>D:</b> Vegetarian pizza with salad.	<b>B:</b> Smashed avo on toast, chilli flakes. <b>L:</b> Ratatouille linguine. <b>D:</b> Oat crumb coated fish & vege.
THU	<b>B:</b> 2 weetabix with milk & seeds. <b>L:</b> Veg soup, hummus & crudites. <b>D:</b> Sausage, mash & vegetable.	<b>B:</b> Porridge & milk <b>L:</b> Ham & pea soup, granary roll. <b>D:</b> Rainbow trout, roasted vegetables.	<b>B:</b> Poached eggs, sauteed spinach, mushrooms <b>L:</b> Baked sweet potato, tuna, salad. <b>D:</b> Beef stew & vege.	<b>B:</b> Bircher muesli & milk. <b>L:</b> Cheese salad roll. <b>D:</b> Lemon & herb chicken & vege.
FRI	<b>B:</b> Scrambled eggs on toast. <b>L:</b> BLT toastie. <b>D:</b> Roast salmon, new potatoes & vegetables.	<b>B:</b> Turkey bacon, tomatoes, spinach. <b>L:</b> Beef & salad wholemeal sandwich. <b>D:</b> Pesto pasta.	<b>B:</b> Porridge & milk, seeds. <b>L:</b> Butternut squash soup & roll. <b>D:</b> Chicken hotpot & vege.	<b>B:</b> Poached eggs on toast. <b>L:</b> Pasta salad. <b>D:</b> Roast beef dinner.

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