

Meal Planning Tool

We've put together a really simple meal planning tool, which will help you to manage your mealtimes – without getting tired of the same old stuff. Obviously there are loads of fruits and vegetables you can eat, our lists here are not exhaustive. See what's in season and bulk up your meals with a variety of veggies! Additions such as garlic and spices are recommended, however try to avoid packet sauces and ready meals. Other items you'll have to avoid in order to follow the plan thoroughly are: alcohol, sugary snacks (yes, cereal bars count as sugary snacks!), chocolate, biscuits, fizzy drinks (even diet ones) and crisps.

This plan is only restrictive in that you must measure your portions. So many people truly believe that they're eating healthily, but are unable to shift their weight. That's because they're consuming too many calories, whilst not doing enough exercise. We're suggesting that you keep a bank of 500 extra calories to use throughout the week and recommend that you either treat yourself to a small chocolate bar or similar snack twice a week to keep cravings at bay, or you have one extra healthy snack per day, if you feel that you are struggling with the plan.

We're allowing up to 500ml of milk for you to use in your cereal, tea, omelettes and so on. If you don't drink milk, this applies to substitutes too.

Breakfast <i>(choose one item from each column)</i>	
30g Porridge Oats	1 Banana
1 Boiled Egg	8 Strawberries
50g High-Fibre Cereal	50g Blueberries
2 Slices Wholegrain toast	1 Apple
1 Scrambled Egg	1 Grilled tomato
2 Rashers Lean Bacon	4 Large Mushrooms
150g Greek Yoghurt	1 Tablespoon of Peanut Butter
1 Avocado	1 Peach
Low-fat sausages (such as vegetarian sausages)	

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Lunch <i>(choose one item from each of the first two columns, then two or three items from the last column)</i>		
100g Lean Meat (Chicken/Turkey/Mince)	60g Cous cous	Red/Green/Yellow/Orange peppers
Fish	60g Quinoa	Sweetcorn
Cheese (Feta/Halloumi/Mozerella)	60g Brown Rice	Lettuce
Hummus	1 Wholewheat wrap	Spinach
Egg	2 slices Wholegrain seeded bread	Red/White/Spring Onion
Baked Tofu	1 Medium Baked Potato (150g approx.)	Cucumber
Grilled Falafel	1 Medium Baked Sweet Potato (150g approx.)	Celery
	1 Wholegrain Pitta Bread	Carrot
		Tomatoes

Dinner <i>(choose one from each column, and don't forget – if you make too much, you can have it for lunch the next day!)</i>		
100g Chicken	60g Pasta	Swede
125g Lean Lamb/Beef Mince	1 Medium Baked Sweet Potato (150g approx.)	Celeriac
100g Turkey	150g Boiled potatoes	Spinach
2 rashers Lean Bacon	1 Medium Baked Potato (150g approx.)	Sweetcorn
1 Lean Steak	60g Quinoa	Carrots
Tuna (1 steak or 160g tin – not in oil)	60g Brown Rice	Peas
Salmon (1 steak or 160g tin – not in oil_	60g Cous Cous	Green Beans
Unlimited Mushrooms	125g Chick Peas	Broccoli
150g Tofu	125g Lentils	Cauliflower
Grilled Falafel		Onions
		Tomatoes

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Snacks <i>(choose 2 of these snacks per day to keep you going between meals)</i>		
Fruit	Carbs	Protein
1 Banana	2 Rice Cakes	10 Almonds
1 Apple	1 Oatcake	10 Cashews
50g Blueberries	1 Crispbread	1 Protein Bar (less than 200 cals)
Grapes		1 handful of Sunflower/Pumpkin Seeds
2 Satsuma/Clementines or 1 Orange		
1 Pear		
1 Kiwi Fruit		

Suzanne's example meal plan.

Hi everyone, Emilie and I are joining you on the journey and I thought I'd share my meal plan for day 1 with you 😊 Everyone is different and I find my mornings fly by, so I'll be saving my snacks for later in the day for when I get peckish. I'm a classic night time snacker so hopefully saving my second snack will keep my cravings at bay. Alongside my milk allowance I'll also be drinking regular glasses of water to keep well-hydrated.

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Breakfast

Blueberry Porridge

30g Porridge Oats

50g Blueberries

A sprinkle of cinnamon

180 ml from semi-skimmed milk allowance

Accompanied by a cup of tea with 20ml milk (Yes I have baby weak tea)

Lunch

(I'm going to double up so I can have it for lunch the next day too!)

Lemon & soy Chicken Salad with Quinoa

200g cooked Chicken

½ Lemon

2 tbsp of light soy sauce

60g Quinoa

Spinach

Cucumber

Red Peppers

Accompanied by a cup of tea with 20ml milk

This is quite the quick fix and just needs to be mixed in a bowl together ready to portion up!

Snack 1 : Banana

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Dinner

Sweet Potato Cottage Pie

(Serves 2 portions)

2 x Baked Sweet Potatoes

(Using either the oven or the microwave, this can even be done the night before)

250g Lean Mince

200ml Beef Stock

Finely chopped Onion

Peas

Salt & Pepper to season

I just follow a normal cottage pie recipe, substituting sweet potatoes in the place of normal mash. I sauté the beef and onions, and once they are browned I mix in beef stock and the peas leaving to simmer for around ten minutes. I find baking the sweet potatoes first make them easier to mash, which means I don't have to add in any unhealthy additions such as butter or cream.

Assemble your cottage pie and pop in the oven (220C/200C fan/gas 7) for 20-25 minutes, and then dinner is served!

Snack 2: 2 Satsumas

(Accompanied by a cup of tea with 20ml milk)