



Sample
MEAL PLAN
&
TEMPLATE

Sample Meal Plan

	SUN	MON	TUE	WED
Breakfast	Pancakes	Berry quinoa porridge	Yogurt with banana & granola	Whole grain toast with avocado spread
Snack	1 orange	Pumpkin muffin	1 pear + handful of nuts	Carrots, cucumber & cauliflower with hummus
Lunch	Chilli + millet	Fajitas	Pasta + garden salad	Lemon garlic chicken + quinoa + steamed veg.
Snack	Yogurt with berries, nuts & seeds	1 orange	Carrots, cucumber & cauliflower with hummus	Yogurt with bananas, nuts & seeds
Dinner	Fajitas	Pasta + garden salad	Lemon garlic chicken + quinoa + steamed veg.	Stir fry
Snack	Whole grain toast with avocado spread	1 apple	Pumpkin muffin	1 apple
	THU	FRI	SAT	
Breakfast	Cinnamon oatmeal	Whole grain toast with nut butter & banana	Omelet	
Snack	1 orange	1 apple	1 banana + handful of nuts	
Lunch	Stir fry	Hearty soup	Curried lentils + rice + steamed veg.	
Snack	Pumpkin muffin	1 pear + handful of nuts	Carrots, celery & cucumber with hummus	
Dinner	Hearty soup	Curried lentils + amaranth + steamed veg.	Turkey burger + quinoa + garden salad	
Snack	Carrots, celery & cauliflower with hummus	Pumpkin muffin	Yogurt with berries, nuts & seeds	

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Snack			
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Snack			