



WEEKLY MEAL PLAN - 3

MONDAY

B: Banana, cooked oatmeal, raisins, low fat milk, chopped walnuts | **L:** Slices of turkey breast, baked sweet potato, sauteed zucchini, milk, peach
S: *Pre workout:* fruit smoothie, cereal bar, *Post workout smoothie:* ricotta with raspberries | **D:** Pizza with feta, slices of turkey breast

TUESDAY

B: Yogurt with cinnamon, grapes, walnuts and a drizzle of maple syrup | **L:** Butternut squash and sweet potato soup, cooked pasta, with turkey meat balls, broccoli, tomato sauce, grapes | **S:** *Pre workout:* 1 cup of raisines and banana, *Post workout:* hummus and wholegrain crackers
D: Grilled chicken wrap with lettuce and tomato, cucumber

WEDNESDAY

B: Fresh vegetable omlette with lentils | **L:** Grilled steak with baked potato and grilled asparagus
S: *Pre workout:* banana, yogurt, *Post workout:* whey protein, low fat yogurt, almonds | **D:** Avocado tuna wrap

THURSDAY

B: 3 scrambled eggs with 1/2 red pepper, wholegrain toast, low fat milk | **L:** Risotto with dried tomatoes and asparagus, grilled chicken breast
S: *Pre workout:* cereal bar, fresh fruit salad, *Post workout:* banana with almond butter | **D:** Griddled aubergines with yogurt dressing

FRIDAY

B: Overnight oats with fresh fruit, seeds and nuts | **L:** Turkey burger on whole wheat bread with lettuce | **S:** *Pre workout:* banana, nut butter sandwich
Post workout: oatmeal, cottage cheese and blueberries | **D:** Grilled chicken, roasted butternut squash and roasted brussels sprouts

SATURDAY

B: Banana and tahini porridge | **L:** Stuffed aubergines with beef and vegetables | **S:** Plain yogurt | **D:** Salmon and avocado wholemeal bread and red onion

SUNDAY

B: Herb omlette with fried tomatoes | **L:** Tomato soup, salmon and spinach with tartare cream and baked potatoe
S: Apple and pear pie | **D:** Herbed chicken meatballs with spaghetti

