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| **1500kcal menu Week 2: Monday** | | |
|  | Ingredients | Portion size |
| **Breakfast**  2 Weetabix  ¼ pint semi skimmed milk  120mls Orange Juice | ASDA Orange Juice Smooth Carton - ASDA GroceriesWeetabix 24 Biscuits | Family Favourites | British Corner Shop A picture containing toiletry  Description automatically generated | Two weetabix biscuits Stock Photo - AlamyA glass of milk  Description automatically generated with medium confidence  Nasco Life/form Orange Juice Food Replica - 4 fl. oz. (120 ml) |
| **Lunch**  2 slices of whole meal bread and  1 teaspoon of margarine  40g or 2 slices of lean roast beef and 1 teaspoon of mustard  Banana | Hovis Wholemeal Sliced Bread | Waitrose & Partners  Margarine Tub Stock Illustrations – 165 Margarine Tub Stock Illustrations,  Vectors & Clipart - Dreamstime  Colman's English Mustard in jar - Colman'sDeli Express Roast Cooked British Beef Slices x5 130g | What 100 Calories Really Looks Like for 25 Foods | Eat This Not ThatTwo slices of brown bread stock photo. Image of pastry - 15623034  Single Slice Roast Beef stock photo. Image of background - 18183724Single Slice Roast Beef stock photo. Image of background - 18183724  Spoonful Of Yellow Mustard Stock Photo - Download Image Now - Close-up,  Condiment, Dipping Sauce - iStock |
| **Evening Meal**  200g smoked mackerel and  200g boiled new potatoes  Salad  Slice of melon and Low fat fromage frais | Red Onion | The Mile Farm ShopCucumber Vegetables, varieties, production, seasonality | LibertyprimFresh Tomato by Overseas Trading from Lucknow Uttar Pradesh | ID - 5206912LETTUCE | meaning in the Cambridge English DictionarySainsbury's Lightly Smoked Mackerel 170g Morrisons Baby Potatoes | Morrisons  Waitrose Fat Free Fromage Frais | Waitrose & Partners  Sainsbury's Honeydew Melon | Sainsbury's | Portion Sizes for Toddlers - Infant & Toddler ForumTomato slice isolated on white background Stock Photo | Adobe StockLettuce leaves: nutrition data, where found and 180 recipesSmoked Mackerel (2 Fillets) approx. 200g – WeDeliverFresh  One Yellow Honeydew Melon Slice Isolated Stock Photo 1015884739 |  ShutterstockPortion guide - Dairy foods and alternatives - Heart Matters | BHF |
| **Extras**  ¼ pint of milk | A picture containing toiletry  Description automatically generated | A glass of milk  Description automatically generated with medium confidence |

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| **1500kcal menu Week 2: Tuesday** | | |
|  | Ingredients | Portion size |
| **Breakfast**  40g Fruit and Fibre and ¼ pint semi skimmed milk  120mls Orange Juice | A picture containing toiletry  Description automatically generated | A glass of milk  Description automatically generated with medium confidence |
| **Lunch**  8 crispbreads  100g cottage cheese and Pineapple  Celery and cucumber  Apple | Sainsbury's Cottage Cheese 300g      Does an Apple a Day Really Keep the Doctor Away? | SiOWfa16: Science in Our  World: Certainty and Controversy | Ryvita Crispbread - License, download or print for £6.20 | Photos | PicfairRyvita Crispbread - License, download or print for £6.20 | Photos | PicfairRyvita Crispbread - License, download or print for £6.20 | Photos | PicfairRyvita Crispbread - License, download or print for £6.20 | Photos | PicfairRyvita Crispbread - License, download or print for £6.20 | Photos | PicfairRyvita Crispbread - License, download or print for £6.20 | Photos | PicfairRyvita Crispbread - License, download or print for £6.20 | Photos | PicfairRyvita Crispbread - License, download or print for £6.20 | Photos | Picfair  Grained Cottage Cheese White Bowl Stock Photo 685516459 | ShutterstockPortion Sliced Pineapple Detailed Closeup Shot Stock Photo 705008752 |  Shutterstock    Does an Apple a Day Really Keep the Doctor Away? | SiOWfa16: Science in Our  World: Certainty and Controversy |
| **Evening Meal**  160g diced chicken and  150g risotto rice  onion, mushroom, pepper and courgette  Bowl of raspberries  and low fat fromage frais | Red Onion | The Mile Farm Shop |  |
| **Extras**  ¼ pint of milk | A picture containing toiletry  Description automatically generated | A glass of milk  Description automatically generated with medium confidence |
| **1500kcal menu Week 2: Wednesday** | | |
|  | Ingredients | Portion size |
| **Breakfast**  1 cup of porridge oats and ¼ pint of semi skimmed milk  4 prunes | Sainsbury's Ready To Eat Prunes 200gA picture containing toiletry  Description automatically generatedSainsbury's Scottish Porridge Oats 500g | Sainsbury's | A glass of milk  Description automatically generated with medium confidenceOatmeal Pancakes (Single Serving) - Savvy Naturalista  The Untold Truth Of PrunesThe Untold Truth Of Prunes |
| **Lunch**  2 slices of whole meal bread and  1 teaspoon of margarine  1 scrambled egg  Pear | Pear - Weston Fruit SalesInstagram egg - WikipediaMargarine Tub Stock Illustrations – 165 Margarine Tub Stock Illustrations,  Vectors & Clipart - DreamstimeHovis Wholemeal Sliced Bread | Waitrose & Partners | scrambled eggs: Directions, calories, nutrition & more | FooducateJuicy Pear Cut Into Pieces Isolated On A White Background Stock Photo -  Download Image Now - iStockWhat 100 Calories Really Looks Like for 25 Foods | Eat This Not ThatTwo slices of brown bread stock photo. Image of pastry - 15623034 |
| **Evening Meal**  150g tinned tuna and  150g pasta twists  1 tablespoon sweetcorn and  1 tablespoon of peas  White sauce made with ¼ pint semi skimmed milk, cornflour and 1 tablespoon soft cheese  Bowl fruit salad | Iceland Garden Peas 800g | Vegetables | Iceland FoodsSainsbury's Fusilli 500g  Cornflour 500g - Panzer'sSainsbury's Light Soft Cheese 250g | Sainsbury'sA picture containing toiletry  Description automatically generated | spoon with peas isolated on white background Stock Photo | Adobe StockFood: Know Your Portions- How Much Pasta Per Person? - Diary of the  Evans-CrittensHAGOROMO Premium Large Canned Tuna Flake Sea Chicken 4 x Cans - Made in  Japan - TAKASKI.COM  Pineapple Fruit Salad (Easy Vegan Side) - Real Food Real Deals1,942 Cream Cheese Spoon Stock Photos, Pictures & Royalty-Free Images -  iStockCornflour in 25kg from Real FoodsA glass of milk  Description automatically generated with medium confidence |
| **Extras**  ¼ pint of milk | A picture containing toiletry  Description automatically generated | A glass of milk  Description automatically generated with medium confidence |
| **1500kcal menu Week 2: Thursday** | | |
|  | Ingredients | Portion size |
| **Breakfast**  2 Weetabix and ¼ pint semi skimmed milk  Small bowl grapefruit | A picture containing toiletry  Description automatically generatedWeetabix 24 Biscuits | Family Favourites | British Corner Shop | Two weetabix biscuits Stock Photo - Alamy  A glass of milk  Description automatically generated with medium confidence  How to Cut a Grapefruit (5 Different Ways!) - Buttered Side Up |
| **Lunch**  1 granary roll and  1 tablespoon tuna  1 teaspoon of mayonnaise,  lettuce and cress.  Low calorie yoghurt  Peach | Sainsbury's Greek Style Natural Yogurt 200gA red apple with a bite taken out of it  Description automatically generated with medium confidence | China Fish Canned Fish Canned Tuna Chunk/Flakes in Oil 170g - China Canned  Fish, Fish  Sainsbury's Greek Style Natural Yogurt 200gSainsbury's Fresh Salad Cress 20g | Sainsbury's  A picture containing food, plate, fruit, sliced  Description automatically generated |
| **Evening Meal**  4 low fat grilled sausages and  200g new boiled potatoes  1 tablespoon of peas and 2 tablespoons of carrots  bowl of stewed apple | Morrisons Baby Potatoes | Morrisons  Birds Eye Garden PeasA close-up of a carrot  Description automatically generated with medium confidence | A picture containing icon  Description automatically generated |
| **Extras**  ¼ pint of milk | A picture containing toiletry  Description automatically generated | A glass of milk  Description automatically generated with medium confidence |

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| **1500kcal menu Week 2: Friday** | | |
|  | Ingredients | Portion size |
| **Breakfast**  1 cup porridge oats and ¼ pint semi skimmed milk  120mls Orange Juice | Sainsbury's Scottish Porridge Oats 500g | Sainsbury'sA picture containing toiletry  Description automatically generatedASDA Orange Juice Smooth Carton - ASDA Groceries | A glass of milk  Description automatically generated with medium confidence  Nasco Life/form Orange Juice Food Replica - 4 fl. oz. (120 ml)Oatmeal Pancakes (Single Serving) - Savvy Naturalista |
| **Mid-Morning**  1 banana | A yellow banana with a white background  Description automatically generated with medium confidence | 6,936 Peeled Banana Stock Photos, Pictures & Royalty-Free Images - iStock |
| **Lunch**  8 crispbreads and  1 tablespoon of pate  Cucumber and tomato  Low calorie yoghurt | ASDA Crispbread - ASDA Groceries  Sainsbury's Greek Style Natural Yogurt 200gFresh Tomato by Overseas Trading from Lucknow Uttar Pradesh | ID - 5206912Cucumber Vegetables, varieties, production, seasonality | Libertyprim | 17,064 Liver pate Images, Stock Photos & Vectors | ShutterstockNorwegian Crispbread Recipe - easy keto crackers that are gluten free too!  Sainsbury's Greek Style Natural Yogurt 200gTomato slice isolated on white background Stock Photo | Adobe StockPortion Sizes for Toddlers - Infant & Toddler Forum |
| **Evening Meal**  Stir fry  160g pork and 200g noodles,  Peppers beansprouts and onion  Seasoning with garlic, ginger, coriander and 1tablespoon of oil  Slice of melon | image 1 of Tesco Beansprouts 300GRed Onion | The Mile Farm Shop  Sainsbury's Honeydew Melon | Sainsbury's | Beansprouts - BBC Good FoodSliced bell pepper Recipe and Nutrition - Eat This MuchAngel Hair Nests no. 209 | Pasta De Cecco  One Yellow Honeydew Melon Slice Isolated Stock Photo 1015884739 |  ShutterstockGinger powder in a spoon isolated on a white background. View from above.  Spaces on the isolate Stock Photo - Alamy  473 Crushed Oregano Stock Photos and Images - 123RFChopped Garlic - Cookidoo® – the official Thermomix® recipe platform |
| **Extras**  ¼ pint of milk | A picture containing toiletry  Description automatically generated | A glass of milk  Description automatically generated with medium confidence |
| **1500kcal menu Week 2: Saturday** | | |
|  | Ingredients | Portion size |
| **Breakfast**  40g Fruit and Fibre and  ¼ pint semi skimmed milk  120mls Orange Juice | ASDA Orange Juice Smooth Carton - ASDA GroceriesA picture containing toiletry  Description automatically generated | Nasco Life/form Orange Juice Food Replica - 4 fl. oz. (120 ml)A glass of milk  Description automatically generated with medium confidence |
| **Lunch**  2 slices of bread and 1 teaspoon margarine  40g sliced turkey and 1 teaspoon of mustard  lettuce and cucumber  Nectarine | Hovis Wholemeal Sliced Bread | Waitrose & Partners  Margarine Tub Stock Illustrations – 165 Margarine Tub Stock Illustrations,  Vectors & Clipart - Dreamstime  Cucumber Vegetables, varieties, production, seasonality | LibertyprimLETTUCE | meaning in the Cambridge English DictionaryColman's English Mustard in jar - Colman's | Portion Sizes for Toddlers - Infant & Toddler ForumSpoonful Of Yellow Mustard Stock Photo - Download Image Now - Close-up,  Condiment, Dipping Sauce - iStockWhat 100 Calories Really Looks Like for 25 Foods | Eat This Not ThatTwo slices of brown bread stock photo. Image of pastry - 15623034  Lettuce leaves: nutrition data, where found and 180 recipes |
| **Evening Meal**  Chilli con carne made with 160g lean minced beef and tinned tomatoes  1 tablespoon of kidney beans, and onion  150g boiled rice  bowl of fruit salad and  1 scoop low fat ice cream | Sainsbury's Chopped Tomatoes Can 400gSainsbury's British or Irish 5% Fat Beef Mince 250g  Uncle Bens Wholegrain Brown Bulk Rice 5 kg - 100 servings : Amazon.co.uk:  GrocerySainsbury's Red Kidney Beans in Water 400g (240g*) | Kidney beans Nutrition Facts - Eat This MuchRoyal Crown Chopped Tomatoes – 2.5kg – FreshPoint Local |
| **Extras**  ¼ pint of milk | A picture containing toiletry  Description automatically generated | A glass of milk  Description automatically generated with medium confidence |

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| **1500kcal menu Week 2: Sunday** | | |
|  | Ingredients | Portion size |
| **Breakfast**  1 cup porridge oats and ¼ pint semi skimmed milk  Small bowl grapefruit | A picture containing toiletry  Description automatically generatedSainsbury's Scottish Porridge Oats 500g | Sainsbury's | A glass of milk  Description automatically generated with medium confidence  Oatmeal Pancakes (Single Serving) - Savvy Naturalista  How to Cut a Grapefruit (5 Different Ways!) - Buttered Side Up |
| **Lunch**  2 slices of whole meal bread and  200g (1/2 a tin) baked beans  Apple | Does an Apple a Day Really Keep the Doctor Away? | SiOWfa16: Science in Our  World: Certainty and ControversyHovis Wholemeal Sliced Bread | Waitrose & Partners | Does an Apple a Day Really Keep the Doctor Away? | SiOWfa16: Science in Our  World: Certainty and ControversyHow to make baked beans – recipe | Food | The GuardianTwo slices of brown bread stock photo. Image of pastry - 15623034 |
| **Evening Meal**  120g lean roast pork and  200g dry roast potatoes  2 tablespoons of cabbage and 2 tablespoons of cauliflower  One spoonful of Gravy  Low fat fromage frais | Vegetable of the month: Cauliflower - Harvard HealthCabbage - WikipediaMorrisons Baby Potatoes | Morrisons  Waitrose Fat Free Fromage Frais | Waitrose & Partners | 10 Difference Between Teaspoon And Tablespoon (With Pictures) - Viva  DifferencesCalories in 1 cup of Napa - Chinese - Cabbage.The Causes of Bitterness in CauliflowerBrown Sugar Roasted Pork Loin - Tender and Juicy! - Budget Bytes  10 Difference Between Teaspoon And Tablespoon (With Pictures) - Viva  Differences  Portion guide - Dairy foods and alternatives - Heart Matters | BHFGravy recipe - easy, from scratch, no drippings | RecipeTin Eats |
| **Extras**  ¼ pint of milk | A picture containing toiletry  Description automatically generated | A glass of milk  Description automatically generated with medium confidence |