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| **1500kcal menu Week 1: Monday** | | |
|  | Ingredients | Portion size |
| **Breakfast**  40g of Bran Flakes and  ¼ pint of semi-skimmed milk  1 slice of whole meal bread and 1 teaspoon of margarine | Margarine Tub Stock Illustrations – 165 Margarine Tub Stock Illustrations,  Vectors & Clipart - DreamstimeHovis Wholemeal Sliced Bread | Waitrose & Partners | What 100 Calories Really Looks Like for 25 Foods | Eat This Not That1,775 Single Slice Healthy Whole Grain Bread Photos - Free & Royalty-Free  Stock Photos from Dreamstime |
| **Mid-Morning**  1 banana |  | 6,936 Peeled Banana Stock Photos, Pictures & Royalty-Free Images - iStock |
| **Lunch**  2 slices of whole meal bread and  2 teaspoons of margarine  40g or 2 slices of lean ham  Sliced tomato and  Lettuce  Apple | Counter Lean Ham - Tesco GroceriesFresh Tomato by Overseas Trading from Lucknow Uttar Pradesh | ID - 5206912LETTUCE | meaning in the Cambridge English DictionaryMargarine Tub Stock Illustrations – 165 Margarine Tub Stock Illustrations,  Vectors & Clipart - DreamstimeHovis Wholemeal Sliced Bread | Waitrose & Partners  Does an Apple a Day Really Keep the Doctor Away? | SiOWfa16: Science in Our  World: Certainty and Controversy | Does an Apple a Day Really Keep the Doctor Away? | SiOWfa16: Science in Our  World: Certainty and ControversyLettuce leaves: nutrition data, where found and 180 recipesTomato slice isolated on white background Stock Photo | Adobe StockWhat 100 Calories Really Looks Like for 25 Foods | Eat This Not ThatWhat 100 Calories Really Looks Like for 25 Foods | Eat This Not ThatTwo Thick Slices Packaged Ham On Stock Photo 277596587 | ShutterstockTwo slices of brown bread stock photo. Image of pastry - 15623034 |
| **Evening Meal**  Grilled lean pork chop (160g)  200g of new potatoes  Two Tablespoons of broccoli and two tablespoons of carrots  Small bowl of peaches and low-calorie yoghurt pot | Sainsbury's Greek Style Natural Yogurt 200gMorrisons Baby Potatoes | MorrisonsSainsbury's British Pork Loin Medallions x4 400g | Broccoli Florets, Wet Pack | Simplot Foods | 10071179004356Sainsbury's Greek Style Natural Yogurt 200g |
| **Extras**  ¼ pint of milk |  |  |

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| **1500kcal menu Week 1: Tuesday** | | |
|  | Ingredients | Portion size |
| **Breakfast**  2 slices of whole meal bread  2 teaspoons of margarine  2 teaspoons of marmite  120ml of juice | Hovis Wholemeal Sliced Bread | Waitrose & PartnersMargarine Tub Stock Illustrations – 165 Margarine Tub Stock Illustrations,  Vectors & Clipart - Dreamstime  ASDA Orange Juice Smooth Carton - ASDA GroceriesMarmite Yeast Extract Spread | Waitrose & Partners | Nasco Life/form Orange Juice Food Replica - 4 fl. oz. (120 ml)A Spoonful Of Marmite A Day May Keep Dementia At Bay, Study SuggestsA Spoonful Of Marmite A Day May Keep Dementia At Bay, Study SuggestsWhat 100 Calories Really Looks Like for 25 Foods | Eat This Not ThatWhat 100 Calories Really Looks Like for 25 Foods | Eat This Not ThatTwo slices of brown bread stock photo. Image of pastry - 15623034 |
| **Mid-Morning**  1 orange | An orange a day keeps the eye doc away - Healthy Food Guide | 21,254 Peeled Orange Stock Photos, Pictures & Royalty-Free Images - iStock |
| **Lunch**  Granary roll  2 tablespoon tuna mixed with 2 teaspoons of low-calorie mayonnaise  lettuce and  cucumber  3 - 4 tablespoons of low calorie fromage frais | Waitrose Fat Free Fromage Frais | Waitrose & PartnersCucumber Vegetables, varieties, production, seasonality | Libertyprim LETTUCE | meaning in the Cambridge English DictionaryHellmann's Lighter than Light Mayonnaise 400g | Sainsbury's | Homemade Granary Rolls | Psychotherapy, Hypnotherapy, Massage | Cornwall  15-minute supper that zings | Cheap, easy, delicious  15-minute supper that zings | Cheap, easy, delicious  10 Difference Between Teaspoon And Tablespoon (With Pictures) - Viva  DifferencesHAGOROMO Premium Large Canned Tuna Flake Sea Chicken 4 x Cans - Made in  Japan - TAKASKI.COMLettuce leaves: nutrition data, where found and 180 recipes  10 Difference Between Teaspoon And Tablespoon (With Pictures) - Viva  Differences  Portion Sizes for Toddlers - Infant & Toddler Forum  Portion guide - Dairy foods and alternatives - Heart Matters | BHF |
| **Evening Meal**  120g lean minced beef with Bolognese sauce  150g cooked pasta  Side salad  Baked apple with 1 tablespoon sultanas and 1 tablespoon low fat cream | Tesco Bolognese Pasta Sauce Jar 500G - Tesco GroceriesAshfields British Lean Beef Steak Mince 5% Fat 750g | ALDI  Cucina Spaghetti 500g | ALDI  Cucumber Vegetables, varieties, production, seasonality | LibertyprimFresh Tomato by Overseas Trading from Lucknow Uttar Pradesh | ID - 5206912NESTLÉ Reduced Fat Cream 250mL x 12 | Nestlé ProfessionalDoes an Apple a Day Really Keep the Doctor Away? | SiOWfa16: Science in Our  World: Certainty and ControversyRed Onion | The Mile Farm ShopLETTUCE | meaning in the Cambridge English Dictionary | Chargrilled Red Pepper and Tomato Sauce – Better with Cake  How to brown mince - Hint of Healthy  3 easy dessert toppers | Easy FoodAre Raisins Good for You?How To Cut An Apple | The Best Way - Evolving TableTomato slice isolated on white background Stock Photo | Adobe StockLettuce leaves: nutrition data, where found and 180 recipesPortion Sizes for Toddlers - Infant & Toddler ForumCalories in 170 grams of Spaghetti Pasta. |
| **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 1: Wednesday** | | |
|  | Ingredients | Portion size |
| **Breakfast**  2 slice of whole meal bread and 2 teaspoon of margarine  1 Low calorie yoghurt | Hovis Wholemeal Sliced Bread | Waitrose & PartnersMargarine Tub Stock Illustrations – 165 Margarine Tub Stock Illustrations,  Vectors & Clipart - DreamstimeSainsbury's Greek Style Natural Yogurt 200g | Sainsbury's Greek Style Natural Yogurt 200gWhat 100 Calories Really Looks Like for 25 Foods | Eat This Not ThatWhat 100 Calories Really Looks Like for 25 Foods | Eat This Not ThatTwo slices of brown bread stock photo. Image of pastry - 15623034 |
| **Mid-Morning**  1 apple |  |  |
| **Lunch**  2 slices of whole meal bread and  1 teaspoons of margarine  200g baked beans and  30g low fat cheese  Low fat yoghurt | Margarine Tub Stock Illustrations – 165 Margarine Tub Stock Illustrations,  Vectors & Clipart - DreamstimeHovis Wholemeal Sliced Bread | Waitrose & Partners    Sainsbury's Greek Style Natural Yogurt 200g | Cheese as a source of protein — Gemma SampsonHow to make baked beans – recipe | Food | The GuardianTwo slices of brown bread stock photo. Image of pastry - 15623034  What 100 Calories Really Looks Like for 25 Foods | Eat This Not That  Sainsbury's Greek Style Natural Yogurt 200g |
| **Mid Afternoon**  1 Banana |  |  |
| **Evening Meal**  200g haddock and 200g mashed potato  1 tablespoon peas and 1 tablespoon of sweetcorn  Small bowl of peaches and low-calorie yoghurt pot | Birds Eye Garden Peas    Sainsbury's Greek Style Natural Yogurt 200g | Defrosted Boneless Haddock Fillets | Waitrose & Partners      Sainsbury's Greek Style Natural Yogurt 200g |
| **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 1: Thursday** | | |
|  | Ingredients | Portion size |
| **Breakfast**  40g of Bran Flakes and  ¼ pint of semi-skimmed milk  1 tablespoon of sultanas  1 slice of whole meal bread and 1 teaspoon of margarine | Margarine Tub Stock Illustrations – 165 Margarine Tub Stock Illustrations,  Vectors & Clipart - DreamstimeHovis Wholemeal Sliced Bread | Waitrose & PartnersA picture containing toiletry  Description automatically generatedText  Description automatically generated | A bowl of ice cream  Description automatically generated with medium confidenceA glass of milk  Description automatically generated with medium confidence  Are Raisins Good for You?  What 100 Calories Really Looks Like for 25 Foods | Eat This Not That1,775 Single Slice Healthy Whole Grain Bread Photos - Free & Royalty-Free  Stock Photos from Dreamstime |
| **Mid-Morning**  1 pear | Pear - Weston Fruit Sales | Juicy Pear Cut Into Pieces Isolated On A White Background Stock Photo -  Download Image Now - iStock |
| **Lunch**  2 slices of whole meal bread and  2 teaspoons of margarine  30g soft cheese  onion and celery  Bunch of grapes | Margarine Tub Stock Illustrations – 165 Margarine Tub Stock Illustrations,  Vectors & Clipart - DreamstimeHovis Wholemeal Sliced Bread | Waitrose & Partners  celery | Description, Uses, History, & Facts | Britannica  Sainsbury's Red Seedless Grapes 500g | Sainsbury'sRed Onion | The Mile Farm ShopSainsbury's Light Soft Cheese 250g | Sainsbury's | 1,942 Cream Cheese Spoon Stock Photos, Pictures & Royalty-Free Images -  iStock1,942 Cream Cheese Spoon Stock Photos, Pictures & Royalty-Free Images -  iStockWhat 100 Calories Really Looks Like for 25 Foods | Eat This Not ThatWhat 100 Calories Really Looks Like for 25 Foods | Eat This Not ThatTwo slices of brown bread stock photo. Image of pastry - 15623034  CELERY – SLICED | Mister Produce  Portion Size Guide | Bupa UK |
| **Mid Afternoon**  Low fat yoghurt | Sainsbury's Greek Style Natural Yogurt 200g | Sainsbury's Greek Style Natural Yogurt 200g |
| **Evening Meal**  Stir Fry  160g chicken  200g noodles  Beansprouts, onions, broccoli, peppers and garlic  1 teaspoon oil and 1 tablespoon of soy sauce and spices | A couple of broccoli  Description automatically generated with low confidenceimage 1 of Tesco Beansprouts 300GSainsbury's British Fresh Chicken Breast Fillets Skinless & Boneless 300g  Red Onion | The Mile Farm Shop | Broccoli Florets, Wet Pack | Simplot Foods | 10071179004356Beansprouts - BBC Good FoodAngel Hair Nests no. 209 | Pasta De Cecco How To Cook The Ultimate Chicken Breast - Oven, Pan, and Poached  Chopped Garlic - Cookidoo® – the official Thermomix® recipe platformSliced bell pepper Recipe and Nutrition - Eat This Much      How Much Dried Chili Equals Fresh? [2022] | Cooked Best  Download Free png Spoon Sauce, Spoon Clipart, Soy Sauce, Pour Soy Sauce PNG  ... - DLPNG.com |
| **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 1: Friday** | | |
|  | Ingredients | Portion size |
| **Breakfast**  40g of Bran Flakes and  ¼ pint of semi-skimmed milk  1 slice of whole meal bread and 1 teaspoon of margarine  ½. Chopped banana | Text  Description automatically generated  Hovis Wholemeal Sliced Bread | Waitrose & Partners  Margarine Tub Stock Illustrations – 165 Margarine Tub Stock Illustrations,  Vectors & Clipart - DreamstimeA yellow banana with a white background  Description automatically generated with medium confidence | 1,775 Single Slice Healthy Whole Grain Bread Photos - Free & Royalty-Free  Stock Photos from DreamstimeA bowl of ice cream  Description automatically generated with medium confidenceA glass of milk  Description automatically generated with medium confidence  What 100 Calories Really Looks Like for 25 Foods | Eat This Not That |
| **Mid-Morning**  1 orange | An orange a day keeps the eye doc away - Healthy Food Guide | 21,254 Peeled Orange Stock Photos, Pictures & Royalty-Free Images - iStock |
| **Lunch**  Small pita bread and 40g of chicken  Celery, pepper and lettuce    1 teaspoon  Mayonnaise  Low fat fromage frais | Chicken breast Nutrition Facts - Eat This Much  876 Whole Wheat Pita Bread Stock Photos, Pictures & Royalty-Free Images -  iStock    LETTUCE | meaning in the Cambridge English DictionaryPepper - BBC Good Food  Hellmann's Lighter than Light Mayonnaise 400g | Sainsbury's  Waitrose Fat Free Fromage Frais | Waitrose & Partners | Wholemeal Pitta Breads - Every Nook & Cranny  Lettuce leaves: nutrition data, where found and 180 recipes  15-minute supper that zings | Cheap, easy, delicious    Portion guide - Dairy foods and alternatives - Heart Matters | BHF |
| **Evening Meal**  200g Jacket potato  100g tuna mixed with 2 teaspoons of mayonnaise and 1 tablespoon of sweetcorn  Side salad  Small bowl fruit salad | Hellmann's Lighter than Light Mayonnaise 400g | Sainsbury's    Cucumber Vegetables, varieties, production, seasonality | LibertyprimLETTUCE | meaning in the Cambridge English Dictionary  Red Onion | The Mile Farm ShopFresh Tomato by Overseas Trading from Lucknow Uttar Pradesh | ID - 5206912 | HAGOROMO Premium Large Canned Tuna Flake Sea Chicken 4 x Cans - Made in  Japan - TAKASKI.COM15-minute supper that zings | Cheap, easy, delicious15-minute supper that zings | Cheap, easy, deliciousPlain Jacket Potato On White Background Stock Photo 137809217 | Shutterstock  Lettuce leaves: nutrition data, where found and 180 recipesPortion Sizes for Toddlers - Infant & Toddler ForumTomato slice isolated on white background Stock Photo | Adobe Stock  Pineapple Fruit Salad (Easy Vegan Side) - Real Food Real Deals |
| **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 1: Saturday** | | |
|  | Ingredients | Portion size |
| **Breakfast**  2 slice of whole meal bread and 1 teaspoon of margarine  1 poached egg  120ml fruit juice | ASDA Orange Juice Smooth Carton - ASDA GroceriesMargarine Tub Stock Illustrations – 165 Margarine Tub Stock Illustrations,  Vectors & Clipart - DreamstimeHovis Wholemeal Sliced Bread | Waitrose & Partners | How to poach an egg | BBC Good FoodWhat 100 Calories Really Looks Like for 25 Foods | Eat This Not ThatTwo slices of brown bread stock photo. Image of pastry - 15623034  Nasco Life/form Orange Juice Food Replica - 4 fl. oz. (120 ml) |
| **Mid-Morning**  1 apple | Does an Apple a Day Really Keep the Doctor Away? | SiOWfa16: Science in Our  World: Certainty and Controversy | Does an Apple a Day Really Keep the Doctor Away? | SiOWfa16: Science in Our  World: Certainty and Controversy |
| **Lunch**  200g Jacket potato and  Ratatouille  30g grated cheese  Mixed Salad  Banana | A yellow banana with a white background  Description automatically generated with medium confidenceFresh Tomato by Overseas Trading from Lucknow Uttar Pradesh | ID - 5206912Red Onion | The Mile Farm ShopCucumber Vegetables, varieties, production, seasonality | LibertyprimLETTUCE | meaning in the Cambridge English Dictionary | Ratatouille - The Vegan EskimoPlain Jacket Potato On White Background Stock Photo 137809217 | Shutterstock  Food Serving Sizes: A Visual Guide | EatingWellLettuce leaves: nutrition data, where found and 180 recipesPortion Sizes for Toddlers - Infant & Toddler ForumTomato slice isolated on white background Stock Photo | Adobe Stock |
| **Evening Meal**  120g lean grilled steak  200g oven chips  2 tablespoons carrots and 1 tablespoon of peas  Low calorie yoghurt | Sainsbury's British or Irish 21 Day Matured Sirloin Steak 225g    Sainsbury's Greek Style Natural Yogurt 200gIceland Garden Peas 800g | Vegetables | Iceland FoodsA close-up of a carrot  Description automatically generated with medium confidence | Delicious succulent rare beef steak sliced and served with roast potato  wedges and tomato garnished with chopped parsley. | CanStock    Oven chips - baked Nutrition Facts | Calories in Oven chips - baked  Sainsbury's Greek Style Natural Yogurt 200gspoon with peas isolated on white background Stock Photo | Adobe StockA 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 |
| **1500kcal menu Week 1: Sunday** | | |
|  | Ingredients | Portion size |
| **Breakfast**  ½ cup porridge,  cooked with water  1 low calorie yoghurt  1 slice wholemeal toast and 1 teaspoon margarine | Sainsbury's Greek Style Natural Yogurt 200g  Margarine Tub Stock Illustrations – 165 Margarine Tub Stock Illustrations,  Vectors & Clipart - DreamstimeHovis Wholemeal Sliced Bread | Waitrose & Partners | Measuring Cup Clip Arts - Measuring 1 2 Cup, HD Png Download , Transparent  Png Image - PNGitem    What 100 Calories Really Looks Like for 25 Foods | Eat This Not That1,775 Single Slice Healthy Whole Grain Bread Photos - Free & Royalty-Free  Stock Photos from DreamstimeSainsbury's Greek Style Natural Yogurt 200g |
| **Mid-Morning**  1 pear | Pear - Weston Fruit Sales | Juicy Pear Cut Into Pieces Isolated On A White Background Stock Photo -  Download Image Now - iStock |
| **Lunch**  120g lean roast lamb and  200g dry roast potatoes  2 tablespoons cabbage and  2 tablespoons cauliflower  Small bowl stewed rhubarb and 1 tablespoon low fat cream | In season early spring: Rhubarb - Healthy Food Guide | Garlicky Extra Crispy Roasted Potatoes Recipe | Little Spice Jar  The Causes of Bitterness in Cauliflower10 Difference Between Teaspoon And Tablespoon (With Pictures) - Viva  DifferencesCalories in 1 cup of Napa - Chinese - Cabbage.  10 Difference Between Teaspoon And Tablespoon (With Pictures) - Viva  Differences    3 easy dessert toppers | Easy Food |
| **Evening Meal**  2 slice whole meal toast and 2 teaspoons  margarine  200g baked beans  1 orange | Margarine Tub Stock Illustrations – 165 Margarine Tub Stock Illustrations,  Vectors & Clipart - DreamstimeHovis Wholemeal Sliced Bread | Waitrose & Partners | 21,254 Peeled Orange Stock Photos, Pictures & Royalty-Free Images - iStockHow to make baked beans – recipe | Food | The GuardianWhat 100 Calories Really Looks Like for 25 Foods | Eat This Not ThatWhat 100 Calories Really Looks Like for 25 Foods | Eat This Not ThatTwo slices of brown bread stock photo. Image of pastry - 15623034 |
| **Extras**  ¼ pint of milk | A picture containing toiletry  Description automatically generated | A glass of milk  Description automatically generated with medium confidence |