

Healthy Meal Timetable

Monday

- Breakfast: Scrambled eggs on wholegrain toast with avocado + tea/coffee
- Snack: Greek yogurt with honey and nuts
- Dinner: Grilled chicken with roasted sweet potatoes & steamed broccoli

Tuesday

- Breakfast: Oatmeal with banana, peanut butter & chia seeds
- Snack: Handful of mixed nuts & a fruit (e.g., apple)
- Dinner: Salmon with brown rice & stir-fried veggies

Wednesday

- Breakfast: Greek yogurt with granola, mixed berries & a drizzle of honey
- Snack: Wholegrain crackers with hummus
- Dinner: Spaghetti Bolognese (lean minced beef/turkey & whole wheat pasta)

Thursday

- Breakfast: Boiled eggs with whole wheat toast & a smoothie (banana, spinach, almond milk)
- Snack: A protein bar or homemade trail mix
- Dinner: Baked chicken breast with quinoa & roasted vegetables

Friday

- Breakfast: Omelette with spinach, cheese, & mushrooms + toast
- Snack: A fruit salad with almonds
- Dinner: Stir-fried tofu with brown rice & mixed veggies

Saturday

- Breakfast: Pancakes (made with oats & banana) with Greek yogurt & berries
- Snack: Popcorn & a cup of tea
- Dinner: Baked salmon with mashed sweet potatoes & steamed broccoli

Sunday

- Breakfast: Smoothie bowl (blended banana, frozen berries, protein powder, almond milk) with granola
- Snack: Dark chocolate & mixed nuts
- Dinner: Grilled chicken wraps with salad & homemade guacamole