

## **Breakfast**

### **Apple Oatmeal**

- 1/2 cup water (0)
- 3/4 cup skimmed milk (68)
- 2 oz. (1/3 cup) oatmeal (rolled oats) (93)
- 1/2 an apple (grated) (47)
- 1/4 tsp cinnamon (0)

Bring the water, oats, and half the milk to the boil. Continue to boil whilst stirring (for 5 minutes), and add grated apple. Add further milk to cool.

## **Snack**

- 22 almonds (168)

## **Lunch**

### **Scrambled Egg on Toast**

- 1 large egg (72)
- 1 tbsp fat-free milk (11)
- 1 slice whole wheat bread (70)
- 1/2 oz. low-fat shredded cheddar cheese (25)

Beat egg with the milk and scramble in a non-stick pan or microwave, Toast the bread, top with scrambled eggs and cheese.

## **Dinner**

- 1/2 avocado, sliced (161)
- 3 oz. cooked chicken breast, chopped (142)
- 2 cups shredded lettuce (10)
- 6 cherry tomatoes (30)
- 1/2 cup sliced red pepper (12)
- 1 thinly sliced red onion (48)
- 2 tbsp low-fat Italian dressing (48)