

Meal	Description	Estimated Calories	Preparation Time	Notes
Lunch				
Option 1	Grilled Chicken Salad: 120g grilled chicken breast, mixed greens, 1/4 avocado,	~350	20 mins	Use a light vinaigrette dressing. Add other vegetables like tomatoes,
	sliced cucumber, 50g mozzarella, 1 small orange (as part of the meal).			bell peppers for variety.
Option 2	Fish with Rice and Steamed Vegetables: 150g baked or pan-fried white fish	~400	25 mins	Choose lean fish like cod, haddock, or tilapia. Serve with 100g cooked
	(no added oil), 100g cooked brown rice, 1 cup steamed broccoli or green beans.			brown rice and a variety of colorful steamed vegetables.
Option 3	Chicken and Avocado Chapati: 1 small whole wheat chapati, 80g shredded	~380	15 mins	Use a small amount of low-fat yogurt or hummus as a spread. Add
	cooked chicken, 1/4 mashed avocado, chopped lettuce and tomato.			some chopped onion or coriander for flavor.
Option 4	Hearty Porridge with Fruit and Nuts: 50g rolled oats cooked with water or	~320	10 mins	Top with 1/2 sliced banana and 1 small apple (diced). Add a small
	skimmed milk, topped with 1/4 sliced apple and 10g of nuts (almonds or walnuts).			sprinkle of unsalted nuts for added nutrients and healthy fats.
Dinner				
Option 1	Chicken Stir-fry with Brown Rice: 120g diced chicken breast stir-fried with	~450	25 mins	Use plenty of colorful vegetables like bell peppers, onions, carrots,
	mixed vegetables (broccoli, carrots, peppers), a splash of low-sodium soy			and zucchini. Serve with 100g cooked brown rice. Use minimal oil.

Meal	Description	Estimated Calories	Preparation Time	Notes
	sauce, and served with 100g cooked brown rice.			
Option 2	Baked Fish with Roasted Vegetables: 150g baked salmon or mackerel, roasted	~500	30 mins	Roast vegetables like sweet potatoes, carrots, and onions with herbs
	vegetables (200g) like sweet potatoes, carrots, and onions.			and minimal oil. Salmon and mackerel are good sources of omega-3 fats.
Option 3	Chicken and Vegetable Curry with Chapati: 100g diced chicken cooked in a	~420	30 mins	Use a tomato-based curry sauce with plenty of vegetables like cauliflower,
	light curry sauce with mixed vegetables (peas, carrots, potatoes), served with			spinach, and green beans. Serve with 1 small whole wheat chapati.
	1 small whole wheat chapati.			
Option 4	Mozzarella and Tomato Salad with Whole Grain Bread: 150g mozzarella slices,	~480	15 mins	Add fresh basil leaves and a drizzle of balsamic vinegar. Serve with
	200g sliced tomatoes, fresh basil, served with 2 slices of whole grain bread.			2 slices of whole grain bread (around 60g).
Snacks	Choose 1-2 snacks per day from the following:	~100-200 each	5 mins	Aim for nutrient-dense options.
	1 medium apple, 1 medium banana, 1 medium orange, a handful of berries (100g),			
	a small handful of unsalted nuts (30g), 1 small pot of plain yogurt (150g).			
Drinks		Minimal	Instant	Aim for at least 2 liters of water per day. Limit added sugar in tea

Meal	Description	Estimated Calories	Preparation Time	Notes
	Water, unsweetened tea, black coffee.			and coffee.