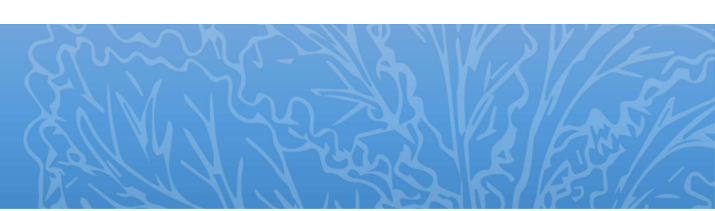


WEEKLY MEAL PLANNER 02



MONDAY

BREAKFAST

Omelet with Cottage Cheese & Basil

LUNCH

Easy Greek Zoodle Salad

SNACK

E.g. Peanut Butter Protein Fluff, Low Carb Banana & Strawberry Cake

DINNER

Low Carb Turkey Salad

TUESDAY

BREAKFAST

Omelet with Cottage Cheese & Basil

LUNCH

Leftover Low Carb Turkey Salad

SNACK

E.g. Peanut Butter Protein Fluff, Low Carb Banana & Strawberry Cake

DINNER

Grilled Lemon Chicken Salad

WEDNESDAY

BREAKFAST

Avocado & Egg Paste

LUNCH

Crushed Cucumber Salad with Salmon

SNACK

E.g. Peanut Butter Protein Fluff, Low Carb Banana & Strawberry Cake

DINNER

Leftover Grilled Lemon Chicken Salad

THURSDAY

BREAKFAST

Tofu & Green Peas Paste on Toast

LUNCH

Crushed Cucumber Salad with Salmon

SNACK

E.g. Peanut Butter Protein Fluff, Low Carb Banana & Strawberry Cake

DINNER

Sesame & Ginger Beef with Zucchini Noodles

FRIDAY

BREAKFAST

Sweetcorn Fritters

LUNCH

Leftover Sesame & Ginger Beef with Zucchini Noodles

SNACK

E.g. Peanut Butter Protein Fluff, Low Carb Banana & Strawberry Cake

DINNER

Cod with Creamy Zoodles

SATURDAY

BREAKFAST

Avocado & Egg Paste

LUNCH

Leftover Sweetcorn Fritters

SNACK

E.g. Peanut Butter Protein Fluff, Low Carb Banana & Strawberry Cake

DINNER

Meal Out – Enjoy!

SUNDAY

BREAKFAST

Peanut butter Protein Fluff

LUNCH

Easy Greek Zoodle Salad

SNACK

E.g. Peanut Butter Protein Fluff, Low Carb Banana & Strawberry Cake

DINNER

Leftover Cod with Creamy Zoodles