BREAKFAST
Wholemeal toast with baked beans and grilled tomato
(2 slices of wholemeal bread, ½ can of baked beans, 1 medium tomato)
Glass of milk
(1 cup/250ml reduced fat milk)

MORNING BREAK
Apple
(1 medium apple)
Coffee with milk
(200mL – small/medium size)

LUNCH
Roast beef, salad and cheese sandwich
(2 x slices of wholemeal bread, 65g roast beef, 20g/1 slice reduced fat cheese, 1 cup mixed salad)

AFTERNOON BREAK
Coffee with milk
(200mL - small/medium size)
Unsalted mixed nuts
(30g – small handful)

EVENING MEAL
Grilled fish on rice with lemon juice and vegetables
(100g fillet of fish, 1 cup cooked rice, squeeze of lemon, 1 small boiled potato, ½ cup cooked zucchini, ½ cup cooked broccoli)

EVENING SNACK
Fruit salad (tinned or fresh) and reduced fat yoghurt
(1 cup mixed fruit plus small tub/100g yoghurt)

Drink plenty of water throughout the day