

MONDAY

- Breakfast* • 2 fried eggs (low calorie spray), **Balsamic tomatoes and spinach** - 237
- Lunch* • **Vegetable and Pearl Barley Soup** - 153
- Dinner* • **Baked Garlic Mushroom and Ricotta Pasta** - 389

TUESDAY

- Breakfast* • **Banana Granola** with Greek Vanilla Yoghurt and berries : 360
- Lunch* • **Vegetable and Pearl Barley Soup** - 153
- Dinner* • **Butternut Squash and Chickpea Curry** with Rice - 479

WEDNESDAY

- Breakfast* • **Banana Granola** with Greek Vanilla Yoghurt and berries : 360
- Lunch* • **Spicy Carrot and Lentil Soup** - 203
- Dinner* • **Roasted Cauliflower Lasagne** with Spicy Wedges - 575

THURSDAY

- Breakfast* • 2 weetabix, banana, milk, and maple syrup - 341
- Lunch* • **Spicy Carrot and Lentil Soup** - 203
- Dinner* • **Garlic Sesame Carrot and Noodles** - 432

FRIDAY

- Breakfast* • 2 boiled eggs, half a small avocado, 2 tablespoons of salsa - 271
- Lunch* • **Pizza Toasts** (omit the ham) with a small mixed salad - 436
- Dinner* • **Spicy Farro Risotto** - 310

SATURDAY

- Breakfast* • **High Protein Cottage Cheese Pancakes** - 383
- Lunch* • Baked Potato and topped with baked beans and cheddar - 451
- Dinner* • **Ricotta and Spinach Stuffed Shells** - 327

SUNDAY

- Breakfast* • **Poached Eggs with Garlic Mushrooms on Wholemeal Toast** - 332
- Lunch* • **Spinach Feta Frittata** - 287
- Dinner* • **Sausage Casserole** (use vegetarian sausages) and **Mashed Potatoes** - 573