

Meal planner: Budget

Enjoy
Food

Monday



Tuesday



Wednesday



Thursday



Breakfast	Porridge: 50g oats, 150ml semi-skimmed milk, 100ml water + 100g banana — 356Kcal 60Carbs(g) 1F&V	2 Weetabix, 200ml semi-skimmed milk + 1 tbsp raisins (15g) — 280Kcal 47Carbs(g) 0F&V	Porridge: 50g oats, 150ml semi-skimmed milk, 100ml water + 40g pineapple — 300Kcal 46.7Carbs(g) 0.5F&V	2 Weetabix, 200ml semi-skimmed milk + 1 medium banana (100g) — 322Kcal 56Carbs(g) 1F&V
Snack	2 oatcakes + 2 heaped tsp peanut butter (20g) — 238Kcal 16.8Carbs(g) 0F&V	1 medium banana (100g) — 86Kcal 19Carbs(g) 1F&V	2 oatcakes each topped with 1 tsp reduced-sugar jam — 159Kcal 21.6Carbs(g) 0F&V	125g low-fat yogurt — 119Kcal 19.6Carbs(g) 0F&V
Lunch	Ham, leek and parmesan fritatta — 280Kcal 5.2Carbs(g) 1F&V	Chickpea and tuna salad + 125g low-fat fruit yogurt — 450Kcal 42.2Carbs(g) 4F&V	Mackerel salsa wrap — 508Kcal 37Carbs(g) 1F&V	Roast butternut squash and red lentil soup , small wholemeal roll (50g) + 1 pot low-fat fruit yogurt — 355Kcal 64.3Carbs(g) 4F&V
Snack	Fruit and nut bar — 123Kcal 17.4Carbs(g) 0F&V	1 slice wholemeal toast + 10g peanut butter — 147Kcal 15Carbs(g) 0F&V	1 slice wholemeal toast, 10g peanut butter, tsp reduced-sugar jam + 1 medium pear (195g) — 233Kcal 33.7Carbs(g) 1F&V	Carrot cake — 139Kcal 17.3Carbs(g) 0F&V
Dinner	Bean and mushroom enchiladas — 469Kcal 57.6Carbs(g) 4F&V	Turkey and mushroom mince + 1 medium baked potato (180g) — 438Kcal 56.6Carbs(g) 3F&V	Tomato and red pepper risotto — 350Kcal 67.5Carbs(g) 2F&V	Fish pie — 339Kcal 39.6Carbs(g) 2F&V
Pudding	Stuffed baked apple + custard: 200ml semi-skimmed milk, custard powder + sugar-free sweetener — 270Kcal 39Carbs(g) 1F&V	Rhubarb and ginger sponge + custard: 150ml semi-skimmed milk, custard powder + sugar-free sweetener — 281Kcal 33.7Carbs(g) 0F&V	Apple Charlotte + 2 heaped tbsp 0% fat Greek yogurt (50g) — 199Kcal 31Carbs(g) 1F&V	Banana custard: 200ml semi-skimmed milk, custard powder, calorie-free sweetener + 1 small banana — 233Kcal 41.1Carbs(g) 1F&V
Snack	1 medium banana (100g) — 86Kcal 19Carbs(g) 1F&V	1 medium orange (150g) — 58Kcal 11.7Carbs(g) 1F&V	1 mug hot chocolate: 150ml semi-skimmed milk, 1 tsp cocoa powder + calorie-free sweetener — 88Kcal 7.3Carbs(g) 0F&V	2 oatcakes each topped with 1 tsp reduced-sugar jam — 159Kcal 21.6Carbs(g) 0F&V
Milk	225ml semi-skimmed — 105Kcal 10Carbs(g) 0F&V	225ml semi-skimmed — 105Kcal 10Carbs(g) 0F&V	225ml semi-skimmed — 105Kcal 10Carbs(g) 0F&V	225ml semi-skimmed — 105Kcal 10Carbs(g) 0F&V
Totals	1927Kcal 225Carbs(g) 8F&V	1845Kcal 235.5Carbs(g) 9F&V	1942Kcal 254.8Carbs(g) 5.5F&V	1771Kcal 269.5Carbs(g) 8F&V

Meal planner: Budget *continued*

Enjoy Food	Friday	Saturday	Sunday
Breakfast	40g sugar-free muesli, 150ml semi-skimmed milk + 50g apricots canned in juice — 301Kcal 36.5Carbs(g) 0.5F&V	Apple and muesli smoothie — 301Kcal 49.8Carbs(g) 1F&V	2 scrambled/poached eggs + 2 slices wholemeal toast each with 1 tsp unsaturated spread — 407Kcal 34.7Carbs(g) 0F&V
Snack	2 oatcakes each topped with 10g reduced-fat soft cheese — 171Kcal 19.1Carbs(g) 0F&V	1 slice wholemeal toast + 15g peanut butter — 183Kcal 16.7Carbs(g) 0F&V	1 medium banana (100g) — 86Kcal 19Carbs(g) 1F&V
Lunch	Mulligatawny soup + sandwich: small wholemeal roll (50g), 20g Cheddar, 10g margarine + 1 tomato — 382Kcal 45.7Carbs(g) 1.5F&V	Sandwich: 2 slices wholemeal bread, 1 small can tuna in water (100g), 2 tbsp light mayo + 50g canned sweetcorn — 444Kcal 44.6Carbs(g) 0.5F&V	Hearty minestrone soup + 125g low-fat yogurt — 369Kcal 47.5Carbs(g) 2F&V
Snack	Carrot cake — 139Kcal 17.3Carbs(g) 0F&V	Wholemeal fruit bar — 131Kcal 21.7Carbs(g) 0F&V	Savoury popcorn — 55Kcal 7.4Carbs(g) 0F&V
Dinner	Bangers 'n' mash — 492Kcal 63.7Carbs(g) 5.5F&V	Mixed bean chilli , 60g (raw) weight rice + 2 heaped tbsp plain yogurt (50g) — 503Kcal 78.9Carbs(g) 4F&V	Roast chicken , sage, onion and sweet potato stuffing , 2 scoops mashed potato (175g), gravy + carrots — 587Kcal 45Carbs(g) 1.5F&V
Pudding	125g low-fat yogurt + 100g canned pineapple in juice — 168Kcal 31.2Carbs(g) 1F&V	Sweet potato pudding cake + 2 heaped tbsp (50g) 0% fat Greek yogurt — 288Kcal 44Carbs(g) 0.5F&V	Apricot crunch + 2 tbsp 0% fat Greek yogurt (50g) — 172Kcal 19.1Carbs(g) 1F&V
Snack	1 mug hot chocolate: 150ml semi-skimmed milk, 1 tsp cocoa powder + calorie-free sweetener — 88Kcal 7.3Carbs(g) 0F&V	1 medium pear (195g) — 74Kcal 15.6Carbs(g) 1F&V	1 mug hot chocolate: 150ml semi-skimmed milk, 1 tsp cocoa powder + calorie-free sweetener — 88Kcal 7.3Carbs(g) 0F&V
Milk	225ml semi-skimmed — 105Kcal 10Carbs(g) 0F&V	225ml semi-skimmed — 105Kcal 10Carbs(g) 0F&V	225ml semi-skimmed — 105Kcal 10Carbs(g) 0F&V
Totals	1846Kcal 230.8Carbs(g) 8.5F&V	2029Kcal 281.3Carbs(g) 7F&V	1869Kcal 172.3Carbs(g) 5.5F&V

Shopping list