

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Snack	Lunch	Snack	Dinner		
Strawberry and banana smoothie + yoghurt	Mango smoothie and healthy pancakes	fruit salad and berry smoothie	Tropical smoothie + breakfast muffins	Strawberry smoothie and healthy pancakes	mango + banana smoothie breakfast burritos	Tomato and ham omelette and berry smoothie
water + veggie pita pocket	water + oat cookies	water + healthy glazjack	water + veggie sticks and hummus	water + oat cookies	water + piece of fruit	water + popcorn
veggie sticks with hummus dip and pita bread with squash	fish fingers and baked beans with sliced apple and squash	chicken + salad wrap and strawberries with squash	omelette with cheese and pepper	bowl of tomato pasta and grapes and squash	chicken taco + salad with squash	ham + salad wrap with strawberries and squash
drink.	drink.	drink.	Squash drink.	Squash drink.	popcorn.	drink.
oat cookies + water	piece of fruit + water	popcorn + water	healthy flapjack + water	veggie pita pocket + water	oat cookies + water	Veggie sticks with hummus + water
meatballs and pasta and fruit juice	chilli with rice and water.	lasagne with salad and fruit juice	potto paella with squash.	Sausage and corns with water.	BBQ salad low calorie pizza with squash	pasta bake and fruit juice.