

7 day meal plan

Sunday Prep - Overnight Oats: Mix 40g *oats*, 1/2 cup (125ml) *oatly milk* and 100g "*Wot no dairy plain dessert*" together in a bowl and leave in the fridge covered overnight. As per [\[this recipe\]](#).

Monday

Breakfast - Overnight oats; In the morning top with fresh fruit e.g. chopped banana, a tablespoon (tbsp) of *linseeds*, cinnamon & a drizzle of *manuka honey*.
Drink: *Green tea*.

Mid Morning Snack - Handful of *cashew nuts* (40g) and an apple.

Lunch - 3-4 *Bran crisp breads* with cream cheese and salad with an olive oil and lemon juice dressing.

Mid Afternoon Snack - *Bear Yoyo*.

Evening Meal - Spaghetti Bolognese made with lean steak mince, chopped tomatoes, vegetables & served with either wholemeal spaghetti or spiralized courgette (make double portions for Tuesday).

Dessert - A handful of frozen grapes or banana ice-cream; simply blend frozen banana slices in a food processor until creamy or follow [\[this recipe\]](#) and *dark chocolate drops*.



Tuesday

Breakfast - Two slices of wholegrain, rye or seeded bread with butter or spread of choice, topped with two poached or scrambled eggs and wilted spinach or cherry tomatoes (cook in **coconut oil**). See [\[here\]](#) for further cooking instructions.

Mid Morning Snack - **Quinoa Chips**.

Lunch - 3-4 **rice cakes** with hummus and salad with an olive oil and balsamic vinegar dressing.

Mid Afternoon Snack - **Nakd Bar**.

Evening Meal - Spaghetti Bolognese; left over from yesterday.

Dessert - Chia seed pudding (serves 2): Mix together 300ml **oatly milk** with 4-5 tbsp **chia seeds**, 2 tbsp **cacao powder** and 2-3 tbsp **manuka honey** to taste. Pour into 2 glasses and chill for 30 mins before serving. As per [\[this recipe\]](#).



Wednesday

Breakfast - Porridge made with 40g **oats**, 250ml **oatly milk** and topped with berries. Drink: **Green tea**.

Mid Morning Snack - **Bounce Ball**.

Lunch - Baked sweet or jacket potato topped with cottage cheese and served with a green salad.

Mid Afternoon Snack - Handful of **cashew nuts** (40g) and a pear.

Evening Meal - Omelette made with two eggs and vegetables, cooked in a pan with **coconut oil**.

Dessert - Yoghurt topped with berries and honey. **Green tea**.

Prep Oat & blueberry muffins for next day: Pre-heat your oven to 180°C (350°F). Mix together 125g oats & 125g oat flour with 2 tsp baking powder, 1 tsp cinnamon & a pinch of salt. Add 2 mashed ripe bananas & stir with a fork before mixing in 150g blueberries (gently!). Whisk together 3 tbsp honey, 3 tbsp melted **coconut oil**, an egg, 185ml **oatly milk** & 1 tsp vanilla extract before folding into the mixture until all of the dry mixture is coated. Divide into 16 silicone muffin cases or greased paper muffin cases (to prevent sticking 1 cal spray oil works for this). Bake for 25 mins until cooked then allow to cool! As per [\[this recipe\]](#)



Thursday

Breakfast - Two oat & blueberry muffins.

Mid Morning Snack - [Bear Yoyo](#).

Lunch - 3-4 [Bran crisp breads](#) with cream cheese and salad with dressing of choice.

Mid Afternoon Snack - [Nakd Bar](#).

Evening Meal - Pesto creme fraiche chicken; as per [\[this recipe\]](#) - make extra portions for Friday or the freezer too).

Dessert - One to two handfuls of [dark chocolate drops and cashew nuts](#).

Evening Prep - [Overnight oats](#) (as per Sunday night).



Friday

Breakfast - Overnight **oats** with fruit & seed toppings. Drink: **Green tea**.

Mid Morning Snack - Handful of **cashew nuts** (40g) and an apple.

Lunch - Baked sweet potato topped with tuna mixed with yoghurt and served with a green salad. For recipe instructions [\[see here\]](#).

Mid Afternoon Snack - Two oat & blueberry muffins.

Evening Meal - Pesto creme fraiche chicken (leftovers from Thursday) OR baked salmon with vegetables (top the salmon with Greek yoghurt, crushed Ryvita & a drizzle of olive oil before baking in the oven). For the full salmon recipe [\[see here\]](#).

Dessert - **Bounce Ball**.



Saturday



Breakfast - Greek yoghurt pancakes; Whisk together 2 eggs, 40g oat flour (oats blended), 100g yoghurt & 1-2 tsp honey. Cook in coconut oil and serve with extra yoghurt and berries.

Lunch - Bean or lentil soup with bran crisp breads. Drink: Green tea.

Evening Meal - Half a thin crust pizza with chicken and vegetable toppings, served with salad.

Dessert - Frozen grapes (sprinkle with sugar free jelly crystals before freezing for a sweeter hit!).



Sunday

Breakfast - Two oat & blueberry muffins.

Lunch - 3-4 rice cakes with smoked salmon, cream cheese and salad.

Evening Meal - Sunday roast; chicken, roast potatoes, vegetables, Yorkshire pudding & gravy.

Dessert - Nakd Bar. Drink: Green tea.