



Sample Meal Plan 2

1. Bread / Oats + omlette with onions, peppers, ham or add anything you like.
2. Sandwich with ham / turkey + salad.
3. Sandwich with ham / turkey + salad.
4. Rice + cod / salmon + broccoli.
5. Potatoes + steak + vegetables.
6. Rice + cod / salmon + broccoli.

Snacks: fruits, peanuts, dark chocolate.

Drinks: water mostly, juices, tea.

Spices / sauces: anything you like.

Healthy fats: fry on or add healthy oils like olive / sunflower / rapeseed oil.