



Dietician-approved ideas for every day of the week

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	Grocery List
Breakfast	Oats with milk, blueberries and cinnamon	Bran Flakes with milk and raisins	Maize porridge with milk	Slice of seed loaf with scrambled eggs and tomato	Muesli with yoghurt and berries	Breakfast bowl with instant oats, milk, yoghurt, chia seeds and blueberries	Granola with yoghurt and nectarine slices	
Snack	Fruit bowl with mango, paw-paw, apple, grapes and full-cream yoghurt	Wholewheat crackers topped with peanut butter, served with strawberries and blueberries	Watermelon, plain yoghurt and a drizzle of almond butter, served with unsalted peanuts	Wholewheat crackers topped with mozzarella and cucumber slices	Tea with milk, served with a bran muffin	Rice cakes topped with peanut butter and banana slices	100% fruit juice (diluted with water), served with unsalted peanuts	
Lunch	Rye crispbread topped with mozzarella, tomato and cooked turkey bacon	Wholewheat wrap with chicken strips, lettuce, tomato, pineapple and mozzarella	Toasted rye bread topped with margarine and baked beans	Grilled fish with salad (tomato, lettuce, cucumber, carrot and wholewheat couscous)	Wholewheat pita with beef strips and mozzarella	English muffin topped with a poached egg (well-done) and baby spinach	Veggie bowl with broccoli, avocado, spinach, chickpeas and a drizzle of olive oil	
Snack	100% fruit juice (diluted with water), served with popcorn	Tea with milk, served with a bran muffin	Yoghurt	Fruit bowl with apple, banana and strawberries	Cracker bread with avocado	Rye crispbread with topped with tuna, low-fat mayonnaise and spring onion	Fruit bowl with mango, apple, pear and strawberries	
Supper	Chicken stir fry with carrot, green pepper, onion, mushroom, pineapple, bok choy and rice noodles	Grilled hake, parsley, baked potato and mixed veg (e.g. pea and carrot)	Steak (fat removed), roasted butternut and steamed baby marrow	Cooked salmon with quinoa, spinach and a white sauce	Tuna and egg pasta salad (lettuce, cucumber, tomato and onion)	Oven-roasted butternut halves with spinach, feta, white sauce, lentils and kidney beans	Oven-roasted lamb chop with roasted baby marrow, butternut, onion, potato and green pepper	
Snack	Tea, served with apple slices and almond butter	Savoury rice cracker	Tea with milk, served with a bran rusk	Yoghurt with chia seeds	Milk, served with roasted chickpeas	Tea with milk, served with a bran muffin	Popcorn	