



21 DAY MEAL PLAN

Week One

Those in italics indicate leftovers

Include a protein smoothie each day and an additional snack from the list

MEAL	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Cinnamon Nut Butter Shake	Overnight Bircher Muesli	Scrambled eggs / tofu	Mint Chocolate Protein Shake	Yogurt and Granola	Protein Pancakes	Eggs with smoked salmon or smoothie of choice
LUNCH	Spiced lentil soup with side salad <i>(leftovers for tomorrow)</i>	<i>Spiced lentil soup with side salad</i>	Kale salad with ½ can chickpeas or 100g cooked chicken <i>(leftovers for tomorrow)</i>	Sicilian Quinoa Bowl. Serve with 100g chicken or ½ can cooked beans. <i>(leftovers for tomorrow)</i>	Chickpea Salad with Caper Citrus Dressing	Chunky Minestrone Soup <i>(leftovers for tomorrow)</i> Side Salad	<i>Chunky Minestrone Soup</i> <i>Side Salad</i>
SNACKS	Protein Smoothie Snack from list	Protein Smoothie Snack from list	Protein Smoothie Snack from list	Protein Smoothie Snack from list	Protein Smoothie Snack from list	Protein Smoothie Snack from list	Protein Smoothie Snack from list
DINNER	Chunky Veg Stew with Herby Dumplings Steamed vegetables Side salad <i>(leftovers for another day)</i>	Peanut Butter Stir Fry Side Salad	<i>Chunky Veg Stew with Herby Dumplings</i> <i>Side salad</i>	Chilli Glazed Salmon with Cucumber Lime Salad or Chipotle Spiced Tofu Wraps <i>Leftover Kale Salad</i>	<i>Sicilian Quinoa Bowl</i> . Serve with 2 egg omelette or 100g pan fried tofu	Bean or Turkey Burger <i>(leftovers for tomorrow)</i> Steamed vegetables plus 3 new potatoes	<i>Bean or Turkey Burger</i> Mixed Salad plus 150g sweet potato

Week Two

Those in italics indicate leftovers

Include a protein smoothie each day and an additional snack from the list

MEAL	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
BREAKFAST	Citrus Chia Layered Puddings	Yogurt and Granola	Cinnamon Nut Butter Shake	60g Granola with almond milk and handful of berries	Scrambled eggs / tofu	Matcha Green Smoothie	Breakfast Sweet Potato & Bean Hash
LUNCH	Pad Thai	Tamari Mushroom & Bean Salad	Warm Lentil, Tomato & Olive Salad with Tahini Cream <i>(leftovers for tomorrow)</i>	<i>Moroccan Spiced Mackerel</i> Mixed salad	Chickpea Salad with Caper Citrus Dressing	Chicken Noodle Soup Side salad	<i>Chicken Noodle Soup Side Salad</i>
SNACKS	Protein Smoothie Snack from list	Protein Smoothie Snack from list	Protein Smoothie Snack from list	Protein Smoothie Snack from list	Protein Smoothie Snack from list	Protein Smoothie Snack from list	Protein Smoothie Snack from list
DINNER	Bolognese – meat or vegan version Steamed vegetables <i>(can use leftover vegan for tomorrow)</i>	Smoked Salmon Stir Fry or Leftover Vegan Bolognese with salad	Moroccan Spiced Mackerel plus 3 new potatoes and steamed vegetables <i>(leftovers for tomorrow)</i>	<i>Warm Lentil, Tomato & Olive Salad with Tahini Cream</i>	Chilli with Cauliflower Rice Mixed salad	Balsamic Tofu Baked 150g sweet potato wedges plus Steamed vegetables <i>(leftovers for tomorrow)</i>	Balsamic Tofu Baked 100g cooked rice plus Mixed salad

Week Three

Those in italics indicate leftovers

Include a protein smoothie each day and an additional snack from the list

MEAL	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
BREAKFAST	Protein pancakes	Mint Chocolate Protein Shake	Eggs with smoked salmon or smoothie of choice	Scrambled tofu	Granola 60g with almond milk and berries	Overnight Bircher Bowl	Matcha Green Tea Smoothie
LUNCH	Broccoli and Bean Salad	Pineapple & Turkey Salad <i>(leftovers for tomorrow)</i>	<i>Pineapple & Turkey Salad</i>	<i>Fish / Chickpea Tagine with Green Olives & Preserved Lemon</i>	Broccoli, Fennel & Pear Soup 100g cooked chicken or tofu Side salad <i>(leftovers later in the week)</i>	<i>Speedy Kale Salad with ½ can beans or 100g cooked chicken</i>	<i>Broccoli, Fennel & Pear Soup</i> 2 egg omelette or 150g cooked tofu. Side salad
SNACK	Protein Smoothie Snack from list	Protein Smoothie Snack from list	Protein Smoothie Snack from list	Protein Smoothie Snack from list	Protein Smoothie Snack from list	Protein Smoothie Snack from list	Protein Smoothie Snack from list
DINNER	Polenta Fish Bites 150g Sweet potato wedges and Mixed salad	Spicy Chicken with Cauliflower Rice Steamed vegetables	Fish / Chickpea Tagine with Green Olives & Preserved Lemon <i>(leftovers for tomorrow)</i>	Spinach frittata with 3 new potatoes and salad or Speedy Kale Salad <i>(leftovers later in the week)</i> and 200g pan fried tofu	Chipotle Spiced Tofu Wraps Mixed salad	Peanut butter stir fry Mixed salad	Harissa Sardines with Tahini Yogurt Dressing Mixed salad and 100g cooked rice