

MEAL PLANNER

The WELLNESS REPORTER

MONDAY



Greek yogurt with natural organic granola and mixed berries

BREAKFAST

Chickpea-kale curry with red rice

LUNCH

Steamed salmon with Brussel sprouts

DINNER



TUESDAY

Avocado toast (whole grain bread)

BREAKFAST

Wholegrain pasta with tomato or pesto sauce and steamed vegetables

LUNCH

Fresh tuna salad with black olives and mixed nuts and seeds

DINNER



WEDNESDAY

Whole grain bread with fresh goat cheese

BREAKFAST

Cous cous with peas, squash, aubergines and chickpeas

LUNCH

Pan seared cod with tomatoes and olives and fresh seasonal salad

DINNER



THURSDAY

Smoked salmon with avocado on whole grain bread

BREAKFAST

Artichoke and parmesan cheese salad with scrambled eggs with mushrooms

LUNCH

Wholegrain pasta with zucchini and shrimps

DINNER



FRIDAY

Rice, Oat or Coconut milk with whole grain biscuits

BREAKFAST

Coconut Chicken Curry with black rice and roasted vegetables

LUNCH

Yellow lentils with crispy pumpkin and raw fennel salad

DINNER



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