

A simply delicious diet plan to follow now the sunshine is just around the corner. The plan features three meals a day - breakfast (250-300 calories), lunch (350-400 calories) and dinner (around 500 calories). Each day of the plan shown is nutritionally balanced, and features your 5-a-day - or more! Either follow the plan, or pick and mix the meals which appeal to you.

## NEW Everyday Diet Plan ~ Day 1 ~ Monday



### Bagel with Cream Cheese and Tomatoes

- 1 Wholemeal Bagel
- 1 tbsp Cream Cheese
- 5 Cherry Tomatoes

Toasted bagel topped with cream cheese and tomatoes.

### Beans and Cheese on Toast

- 2 slices Wholemeal Toast
- 1 small can Baked Beans
- 10g Cheddar Cheese, grated

Baked beans on toast with a light sprinkling of grated cheese.

### Prawn Kebabs with Greek Salad

- ¼ Red Onion, finely sliced
- 1 tsp Red Wine Vinegar
- 4 Lettuce Leaves, shredded
- ¼ Yellow Pepper, sliced
- 1 Tomato
- 6 Pitted Black Olives, sliced
- 1 tsp Extra Virgin Olive Oil
- 30g Feta Cheese, cubed
- 150g King Prawns
- 1 glass Orange Juice
- 1 Banana

Thread prawns onto skewers and cook over BBQ or in griddle pan until opaque and slightly charred. Make up double quantities of Greek salad (as per NEW Everyday Diet Plan ~ Day 2 Lunch) and save one for tomorrow.

When you add the plan to your diary, all the separate meal components are listed. This makes it easy to swap out any ingredients you don't like, or add a few more to fill you up. Just watch the calories. Extra vegetables and fruit can be added for relatively few calories.

## NEW Everyday Diet Plan ~ Day 2 ~ Tuesday



### Branflakes with Berries

- 30g Bran Flakes
- 125ml Semi Skimmed Milk
- 80g Blueberries
- 8 Strawberries

A fruity start to your Day - pop the berries on top of your cereal (or eat separately).

### Greek Salad

- ¼ Red Onion, finely sliced
- 1 tsp Red Wine Vinegar
- 4 Lettuce Leaves, shredded
- ¼ Yellow Pepper, sliced
- 1 Tomato
- 6 Pitted Black Olives, sliced
- 1 tsp Extra Virgin Olive Oil
- 30g Feta Cheese, cubed
- ½ Wholemeal Bagel

Drizzle the red wine vinegar over the onions and leave to soak for 5 mins. Prepare other salad ingredients, then add onions.

Mix the lemon juice and olive oil together. Toss salad in dressing and enjoy.

### Teriyaki Beef Noodles

- 1 tsp Groundnut Oil
- 100g Rump Steak, sliced
- 1 block Egg Noodles
- 80g Broccoli
- 1 Carrot
- ½ pack Teriyaki Sauce
- 1 glass Orange Juice

Heat oil in wok, add beef and fry until browned and cooked through. Add sauce, stir and heat through. Serve with noodles and steamed vegetables.

Lunches are quick to prepare - but they're not all just sandwiches - there's pasta, rice and salads too - often incorporating "leftovers" from the night before!

Dinners are quick and easy to make in under 30 minutes - and there's a couple of simply "bung-it-in-the-oven" options for when you need a break!

## NEW Everyday Diet Plan ~ Day 3 ~ Wednesday



### Banana Smoothie

- 1 Banana
- 1 pot Low Fat Greek Yoghurt
- 100ml Semi Skimmed Milk
- 1 tsp Honey

Blitz all the ingredients in a blender and serve immediately.

(You could also add ice or use frozen banana if you prefer it ice cold!)

### Cheese and Salad Sandwich

- 2 slices Wholemeal Bread
- 2 Edam Cheese Slices
- ¼ Cucumber, sliced
- 4 Lettuce Leaves
- 1 Tomato, sliced
- 1 tbsp Reduced Calorie Salad Cream
- 80g Raspberries

Make up a cheese and salad sandwich. Enjoy with raspberries.

### Chicken and Pesto Pasta

- 75g Whole Wheat Pasta
- 1 tbsp Green Pesto
- 80g Broccoli
- 1 Chicken Breast, skinless and boneless
- 1 glass Orange Juice

Roast chicken breast and slice. Steam the broccoli to liking.

Cook a double serving of pasta, stir through a double helping of pesto. Halve the dressed pasta and set one aside for tomorrow's lunch.

Mix in chicken and broccoli into other half and enjoy!

## NEW Everyday Diet Plan ~ Day 4 ~ Thursday



### Overnight Oats with Strawberries

- 4 tbsp Oats
- 150ml Semi Skimmed Milk
- 1 tsp Honey
- 6 Strawberries

A deliciously quick way to enjoy your oats. Mix oats, milk and honey in a jam jar, top with strawberries then pop in fridge overnight. Can be eaten straight out of fridge. Is great served at room temperature. Or can be popped in the microwave for 30 seconds to warm - what do you like best?

### Pesto and Tomato Pasta

- 75g Whole Wheat Pasta
- 1 tbsp Green Pesto
- 6 Cherry Tomatoes, halved
- 1 tbsp Parmesan, grated
- 5 Basil Leaves

Make up a quick pasta lunch, using last night's reserved pasta. Simply toss in the tomatoes and basil, sprinkle over the parmesan and you're good to go!

(Can be reheated if you prefer)

### Gammon and Pineapple with Sweet Potato Mash and Peas

- 1 Gammon Steak
- 2 slices Pineapple
- 1 Sweet Potato
- 80g Petit Pois
- 1 glass Orange Juice

Dry fry gammon, top with pineapple slices. Serve with mashed (or jacket) sweet potato and peas. Enjoy with a glass of orange juice.

On most days you'll find a glass of fresh orange juice (can be swapped for flavour of choice) - and there's also a cheeky glass of wine thrown in once a week, so you won't feel left out when socialising. Tea and coffees aren't included, but if you have calories spare you could add those in too.

With BBQ season just around the corner, you'll love the quick to make salads - and the BBQ friendly prawn kebabs, grilled fish and chicken breasts.

## NEW Everyday Diet Plan ~ Day 5 ~ Friday



### Honey on Toast with Raspberries

- 2 slices Wholemeal Toast
- 2 tsp Low Fat Spread
- 2 tsp Honey
- 80g Raspberries

Toast with honey and spread (optional). Plus raspberries (can be saved for snack later)

### Tomato Soup with Ham Roll and Salad

- 1 can Tomato Soup
- 1 Wholemeal Roll
- 1 tsp Low Fat Spread
- 4 slices Lean Ham
- 4 Lettuce Leaves, shredded
- ¼ Cucumber, sliced
- 6 Cherry Tomatoes, halved
- 1 tbsp Balsamic Vinegar

Soup with a ham roll and simple side salad drizzled with balsamic vinegar (or pop it all in the roll if you prefer!)

### Cod and Chips with Peas

- 1 piece Breaded Cod
- 100g Oven Chips, uncooked
- ½ can Mushy Peas

A quick and easy supper - pop fish n chips in the oven and enjoy with mushy peas.

## NEW Everyday Diet Plan ~ Day 6 ~ Saturday



### Bacon and Egg with Toast

- 1 Fried Egg
- 2 rashers Streaky Bacon, grilled
- 1 slice Wholemeal Toast
- 1 tsp Low Fat Spread
- 1 glass Orange Juice

Dry fry an egg in a non stick pan on low. Serve with bacon and buttered toast. Don't forget your orange juice.

### Jacket Potato with Tuna and Sweetcorn

- 1 Jacket Potato
- 1 small can Tuna in Spring Water, drained
- ½ small can Sweetcorn, drained
- ¼ Cucumber, sliced
- 6 Cherry Tomatoes, halved

Jacket potato topped with tuna and sweetcorn and served with salad items.

### Tomato Gnocchi

- 150g Gnocchi, cooked
- 1 tsp Extra Virgin Olive Oil
- ½ clove Garlic, crushed
- ½ can Chopped Tomatoes
- 1 tsp Balsamic Vinegar
- 1 tbsp Parmesan, grated
- 5 Basil Leaves
- 1 glass Red Wine

Heat the oil, fry the garlic until aromatic. Pour in the chopped tomatoes and balsamic and simmer for 5 mins. Toss the gnocchi in tomato sauce, serve sprinkled with parmesan. Glass of wine optional.



Meals are packed with high protein foods - such as chicken, prawns, lean beef - breads, pastas and rice are whole grain to boost your fibre intake. There's low fat dairy products and loads of vitamin rich fruit and vegetables.

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## NEW Everyday Diet Plan ~ Day 7 ~ Sunday



### Croissant with Jam

- 1 Croissant
- 2 tsp Jam
- 80g Raspberries
- 1 glass Orange Juice

Croissant with jam and fresh raspberries, Enjoy with glass of fresh juice.

### Prawns with Rice

- 100g Prawns
- ½ tsp Sesame Oil
- ¼ Pepper, diced
- 40g Petit Pois
- 60g Brown Rice
- 1 tbsp Light Soy Sauce

Cook the rice. Meanwhile, dry fry the prawns until lightly browned. Add the peas and peppers until warmed through. Drain the rice, drizzle with sesame oil. Stir rice into prawns. Sprinkle with soy sauce to taste.

### Lamb Cutlets, Potatoes and Peas

- 1 Lamb Cutlet, grilled
- 200g Potatoes
- 80g Petit Pois
- 2 tsp Mint Jelly
- 1 glass Orange Juice

Part boil the potatoes, drain and leave to steam dry. Pop potatoes in roasting tray and top with lamb cutlets. Cook in preheated oven (190C) for 25-30 mins). Turn potatoes and meat halfway through. When nearly done, toss in some peas to heat through. Serve with mint jelly.

## NEW Everyday Diet Plan ~ Day 8 ~ Monday



### Muesli with Yoghurt and Nectarine

- 45g Muesli
- 1 pot Low Fat Greek Yoghurt
- 1 Nectarine, sliced

Top muesli with yoghurt and nectarine - fruity and filling.

### Chicken Waldorf Salad

- 4 Lettuce Leaves, shredded
- 1 Apple
- 2 stalks Celery
- 1 tbsp Reduced Calorie Mayonnaise
- 20g Sultanas
- 2 Walnut Halves
- 1 Chicken Breast, skinless and boneless

Make up a waldorf salad with salad, fruit and nuts tossed in mayonnaise. Serve with a chicken breast (sliced into salad if you prefer)

### Meatballs with Pasta and Tomato Sauce

- 100g Lean Minced Beef
- 1 clove Garlic, crushed
- 1 Onion, finely diced
- 1 tsp Tomato Puree
- 1 small can Chopped Tomatoes
- 1 tsp Balsamic Vinegar
- 75g Whole Wheat Pasta
- 2 Cherry Tomatoes
- 1 glass Orange Juice

Make 6 meatballs from the mince. Heat oil in pan and cook meatballs until browned. Add garlic and fry until aromatic, then add onions until lightly browned. Stir in tomato puree, pour in chopped tomatoes and balsamic vinegar and heat through. Serve over pasta of your choice and top with fresh tomatoes.

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## NEW Everyday Diet Plan ~ Day 9 ~ Tuesday



### Scone with Jam and Raspberries

- 1 Scone
- 2 tsp Low Fat Spread
- 2 tsp Jam
- 80g Raspberries

Fruity (or not) scone with spread and jam for breakfast? Don't mind if I do...

### Tuna Pasta Salad

- 75g Whole Wheat Pasta
- 1 small can Tuna in Spring Water, drained
- 4 Pitted Black Olives, sliced
- ¼ Red Pepper, sliced
- ¼ Yellow Pepper, sliced
- 50g Sweetcorn

Make up a quick take to work lunch from last night's leftover pasta, a tin of tuna and some chopped salad. If you have extra calories add a dressing of your choice.

### Spinach Omelette with New Potatoes

- 2 tsp Olive Oil
- 2 Eggs
- ½ clove Garlic, crushed
- 90g Baby Spinach
- 180g New Potatoes
- 1 glass Orange Juice

Heat 1tsp oil, add garlic until aromatic, toss in spinach to wilt and set aside. Cook omelette in remaining oil, fill with spinach and serve with boiled new potatoes.

Lunches are quick to prepare - but they're not all just sandwiches - there's pasta, rice and salads too - often incorporating "leftovers" from the night before!

## NEW Everyday Diet Plan ~ Day 10 ~ Wednesday



### Fresh Fruit Salad with Yoghurt

- 40g Blueberries
- 8 Grapes
- 1 Kiwi Fruit, peeled and sliced
- ½ Mango, cubed
- 1 Satsuma
- 6 Strawberries, halved
- 1 pot Low Fat Greek Yoghurt

Make up a deliciously tasty fresh fruit salad and enjoy with a pot of creamy Greek yoghurt. A healthy start to your day!

### Smoked Salmon and Cream Cheese Bagel

- 1 Wholemeal Bagel
- 1 tbsp Cream Cheese
- 2 slices Smoked Salmon
- 5 Cherry Tomatoes

Toasted (or not) bagel topped with cream cheese and smoked salmon.

### Stuffed Sweet Potatoes with Chilli Sauce

- 1 Sweet Potato
- 40g Chorizo
- ¼ Onion, diced
- 30g Reduced Fat Cheddar Cheese
- 1 tbsp Sweet Chilli Sauce
- 1 glass Orange Juice

Bake the sweet potato until soft, then scoop out flesh and mash. Dry fry the chorizo until releases it's oil. Add the mashed potato and cheese, mix together and pop back in potato skins. Pop under grill to brown tops.

Dinners are quick and easy to make in under 30 minutes - and there's a couple of simply "bung-it-in-the-oven" options for when you need a break!

On most days you'll find a glass of fresh orange juice (can be swapped for flavour of choice) - and there's also a cheeky glass of wine thrown in once a week, so you won't feel left out when socialising. Tea and coffees aren't included, but if you have calories spare you could add those in too.

## NEW Everyday Diet Plan ~ Day 11 ~ Thursday



### Porridge with Banana and Honey

- 4 tbsp Oats
- 150ml Semi Skimmed Milk
- 125ml Water
- ½ Banana, sliced
- 1 tsp Honey

Make up porridge using oats, milk and water. Top with sliced banana and drizzle with honey.

### Turkey Salad Sandwich with Crisps

- 2 slices Wholemeal Bread
- 2 tsp Low Fat Spread
- 50g Roast Turkey Slices
- 4 Lettuce Leaves
- 1 Tomato
- 1 bag Baked Crisps
- 1 Satsuma

Make up a turkey salad sandwich. Enjoy with a bag of crisps and a satsuma.

### Scampi, Chips and Peas

- 100g Whole Scampi
- 100g Oven Chips, uncooked
- 80g Petit Pois
- 1 glass Orange Juice

A nice, quick and easy "bung-it-in-the-oven" dinner - just what you need once in a while...

## NEW Everyday Diet Plan ~ Day 12 ~ Friday



### Peanut Butter and Jam Sandwich

- 2 slices Wholemeal Bread
- 1 tsp Peanut Butter
- 1 tsp Jam
- 1 glass Orange Juice

Enjoy either as a sandwich (as pictured) or keep your toppings separate and serve on toast - you choose!

### Jacket Potato with Smoked Salmon and Sour Cream

- 1 Jacket Potato
- 2 slices Smoked Salmon
- 1 tbsp Reduced Fat Sour Cream
- ¼ Cucumber, sliced
- 6 Cherry Tomatoes, halved

Jacket potato topped with sour cream and smoked salmon, with a small side salad.

### Chicken Stir Fry with Rice?

- 1 tsp Groundnut Oil
- 1 Chicken Breast, skinless and boneless
- 80g Broccoli
- ¼ Red Pepper, sliced
- 40g Petit Pois
- ½ pouch Black Bean Sauce
- 60g Brown Rice

Heat the oil, add chicken and cook until lightly browned. Add vegetables and 1tbsp water, cover and steam for 3 minutes. Pour in the sauce and heat through. Serve with cooked rice.



With BBQ season just around the corner, you'll love the quick to make salads - and the BBQ friendly prawn kebabs, grilled fish and chicken breasts.

Meals are packed with high protein foods - such as chicken, prawns, lean beef - breads, pastas and rice are whole grain to boost your fibre intake. There's low fat dairy products and loads of vitamin rich fruit and vegetables.

## NEW Everyday Diet Plan ~ Day 13 ~ Saturday



### Scrambled Egg on Toast with Tomatoes

- 1 slice Wholemeal Toast
- 2 Scrambled Eggs
- 1 tbsp Semi Skimmed Milk
- 1 Tomato

Add the milk to your eggs, and scramble in a non-stick pan.

### Rice Salad

- 60g Brown Rice
- ¼ Cucumber, cubed
- 40g Petit Pois
- 4 Radishes, sliced
- 50g Sweetcorn
- 4 Cherry Tomatoes, quartered
- 1 tsp Lemon Juice
- 2 tsp Extra Virgin Olive Oil

Mix olive oil and lemon juice to make a dressing. Combine the reserved rice and peas from yesterday with the other ingredients. Drizzle with dressing and serve.

### Grilled Cod and Vegetables with New Potatoes

- 1 Cod Fillet, skinless and boneless
- ½ Aubergine, cut into 1cm slices
- 1 Yellow Pepper, halved
- 6 Cherry Tomatoes
- 180g New Potatoes
- 1 glass White Wine

This is great dish for the Summer as the fish and mediterranean vegetables can be grilled on the BBQ (or under the grill). There's even calories included for a glass of white wine (optional).

## NEW Everyday Diet Plan ~ Day 14 ~ Sunday



### Mini Hot Cross Buns with Butter

- 2 mini Hot Cross Buns
- 4 tsp Low Fat Spread

Ooh, hot cross buns for breakfast - yes please!

### Prawn and Avocado Salad

- ½ Avocado, cubed
- 1 tsp Lemon Juice
- 8 Lettuce Leaves, chopped
- 120g King Prawns
- 1 tbsp Parmesan, grated
- 2 tbsp Reduced Calorie Thousand Island Dressing

Toss the avocado in the lemon juice, Make up salad, top with prawns and drizzle with dressing. Simple but tasty - just the way we like it!

### Vegetable Noodles

- 1 tsp Groundnut Oil
- 1 clove Garlic, crushed
- 1 tsp Ginger, chopped
- ½ Onion, finely diced
- ¼ Red Pepper, sliced
- ¼ Yellow Pepper, sliced
- 30g Mushrooms, sliced
- 1 tbsp Oyster Sauce
- 1 block Egg Noodles
- ½ Carrot
- 1 glass Orange Juice

Heat the oil, add the ginger and garlic and cook until fragrant. Add the onion and mushrooms and fry until lightly browned. Add the peppers, carrots and 1tbsp water, cover and steam for 2-3 minutes. Meanwhile cook the noodles and drain. Add noodles and sauce and mix thoroughly.