

# Meal Planner

## for acid reflux

**MON** **Breakfast:** Low-fat yoghurt with melon and apple  
**Lunch:** Turkey in a whole-grain wrap with spinach and low-fat hummus  
**Dinner:** Poached salmon with brown quinoa and courgette

**TUE** **Breakfast:** Scrambled egg whites on whole-grain toast  
**Lunch:** Jacket potato with baked beans  
**Dinner:** Brown rice with thyme oven-roasted chicken breast (no skin) and broccoli

**WED** **Breakfast:** Oatmeal with banana  
**Lunch:** Whole wheat couscous with roasted root vegetables  
**Dinner:** Brown rice with mixed herb oven-roasted chicken breast (no skin) and broccoli

**THU** **Breakfast:** Smashed avocado on whole-grain toast  
**Lunch:** Whole wheat couscous with roasted root vegetables  
**Dinner:** Baked sea bass fillet and lentils with basil, green beans and asparagus

**FRI** **Breakfast:** Low-fat yoghurt with banana and cinnamon  
**Lunch:** Scrambled egg whites on whole-grain toast  
**Dinner:** Roasted cauliflower with oregano, brown rice and kale

**SAT** **Breakfast:** Oatmeal with banana  
**Lunch:** Chicken, avocado and spinach in a whole-grain wrap  
**Dinner:** Sweet potato jacket with black beans, sweetcorn and smashed avocado

**SUN** **Breakfast:** Scrambled egg whites on whole-grain toast  
**Lunch:** Quinoa salad with roasted root vegetables  
**Dinner:** Grilled salmon with basil, brown rice and broccoli