

Meal Planner

FOR HIGH CHOLESTEROL

MON

Breakfast: Overnight oats with berries

Lunch: Sweet potato jacket with black beans, avocado, tomato and parsley salsa

Dinner: Lentils with courgette, tofu, pepper and paprika

TUE

Breakfast: Nonfat Greek yoghurt with banana and flaxseeds

Lunch: Kidney bean salad with spinach, kale, asparagus, and lemon dressing

Dinner: Lentils with courgette, tofu, pepper and paprika

WED

Breakfast: Oatmeal with banana

Lunch: Chickpeas with tomatoes, cucumber, olives and parsley

Dinner: Wholegrain rice with lemon, garlic, thyme and chicken breast

THU

Breakfast: Nonfat Greek yoghurt with berries and almonds

Lunch: Grilled chicken breast with salad and hummus in a wholegrain wrap

Dinner: Wholegrain rice with lemon, garlic, thyme and chicken breast

FRI

Breakfast: Overnight oats with banana

Lunch: Salmon with broccoli and wholewheat couscous

Dinner: Kidney bean salad with spinach, kale, asparagus, and lemon dressing

SAT

Breakfast: Scrambled egg whites on wholegrain toast

Lunch: Salmon with broccoli and wholewheat couscous

Dinner: Grilled turkey skewers with lemon, parsley, peppers, courgette and a side salad

SUN

Breakfast: Scrambled egg whites on wholegrain toast

Lunch: Sweet potato with broccoli, cauliflower, olives, lemon and pine nuts

Dinner: Grilled turkey skewers with lemon, parsley, peppers, courgette and a side salad