

Main



Brown rice, sweet potato, wholegrain pasta, wholegrain bread/pitta/wraps



Turkey/chicken, fish, beef, pork, mixed beans (cannelloni, red kidney, butter),



Roasted Vegetables: Peppers, carrots, onion, broccoli, beetroot, butternut squash, cauliflower

Side



Avocado, goats cheese, halloumi, nuts & seeds, houmous, guacamole



Beetroot, tomatoes, lettuce, spinach, rocket, peppers, butternut squash, onion

Dessert



Banana, no bake bar, dark chocolate (75% cocoa)



Yoghurt, mixed nuts, milk



Apple, grapes, cranberries, raisins, blueberries, strawberries, dried dates/apricots



Main: Chicken, Brown Rice and Roasted Vegetables

Dessert: Yoghurt & Fruit

Side: Beetroot & Avocado Salad



IDEAL GAINER LUNCHBOX

Main



Cauliflower rice, bulgar wheat and quinoa mix, edamame & butternut squash spaghetti



Turkey/chicken, fish, beef, pork, mixed beans (cannelloni, red kidney, butter),



Roasted Vegetables: Peppers, carrots, onion, broccoli, beetroot, butternut squash, cauliflower

Side



Avocado, feta cheese, nuts & seeds, houmous



Beetroot, tomatoes, lettuce, spinach, rocket, peppers, butternut squash, onion

Dessert



0% Fat Greek yoghurt, skimmed milk



Grapes, cranberries, raisins, blueberries, strawberries, dried dates/apricots



**IDEAL WEIGHT
LOSS LUNCHBOX**