

Meal Plan for Narelle Whiteman 16/10/23

	Mon	Tue WORK	Wed WORK	Thu WORK	Fri WORK	Sat
Breakfast	Egg, wholegrain toast with avocado, handful baby spinach	1 Serve fruit (berries), 1/2 cup Greek yoghurt, 2 dessert spoons granola, cinnamon	1 Serve fruit (berries), 1/2 cup Greek yoghurt, 2 dessert spoons granola	Overnight oats	Overnight oats	Egg, wholegrain toast, mushrooms, tomato
Lunch	(Cook Fresh) Veal, veggies, potatoes	(Reheat) Chicken, pumpkin.sweet potato, broccoli/cauli, carrot	(Reheat) Chicken, pumpkin.sweet potato, broccoli/cauli, carrot	(Reheat) Mince dish (herbs/spices) with veggies	(Reheat) Mince dish (herbs/spices) with veggies	(Cook Fresh) Salmon, cous cous/potato/brown rice, salad
Dinner	Salad with herbs, plus protein (beans, tinned fish, humus, goats cheese)	Fish/Veal with salad/bean, potato (at sisters)	Salad with herbs, plus protein (beans, tinned fish, humus, goats cheese)	Salad with herbs, plus protein (beans, tinned fish, humus, goats cheese)	Fish, salad	Salad with herbs, plus protein (beans, tinned fish, humus, goats cheese)

Snacks

For snacks, choose fruit, or veggies sticks with humus, or wholegrain crackers/ryvita, if really want something like a cracker.

Overnight Oats Recipe:

Here are some ideas for overnight oats - you might find you don't need it so sweet so can add less maple syrup

<https://downshiftology.com/recipes/overnight-oats/>

Here is an alternative recipe which also looks good. You can swap out the fresh raspberries for fresh blueberries or use frozen berries instead.

<https://www.taste.com.au/recipes/healthy-overnight-oats-recipe-weight-loss/o8wm9j8x>