

# The One Week Diet Plan

This is how a balanced diet could look like. Print the **The One Week Diet Plan** and use the pre-filled suggestions for inspiration, or add your own dishes in the blank fields. It's up to you, whether you start off by following the plan for one day only – or if you try a whole week at a time.

	Breakfast	Lunch	Evening meal
Monday	<p>Porridge made with milk. Add a grated apple and a sprinkle of cinnamon for extra flavour</p> <p>_____</p> <p>_____</p>	<p>Tuna, chicken or cheese salad</p> <p>_____</p> <p>_____</p>	<p>Parmesan chicken with vegetables</p> <p>_____</p> <p>_____</p>
Tuesday	<p>2 x boiled eggs on wholegrain or white toast</p> <p>_____</p> <p>_____</p>	<p>Cous Cous Salad, with Flame grilled peppers and Feta</p> <p>_____</p> <p>_____</p>	<p>Fish pie with Green vegetables</p> <p>_____</p> <p>_____</p>
Wednesday	<p>2 slices of wholegrain toast with peanut butter</p> <p>_____</p> <p>_____</p>	<p>Thai Butternut Squash + Cheese scone</p> <p>_____</p> <p>_____</p>	<p>Home-made burger with salad and sweet potato fries</p> <p>_____</p> <p>_____</p>
Thursday	<p>Fruit and yogurt</p> <p>_____</p> <p>_____</p>	<p>Savoury muffins and vegetable sticks</p> <p>_____</p> <p>_____</p>	<p>Salmon nicoise salad</p> <p>_____</p> <p>_____</p>
Friday	<p>Fruit and yogurt</p> <p>_____</p> <p>_____</p>	<p>Savoury muffins and vegetable sticks</p> <p>_____</p> <p>_____</p>	<p>Salmon nicoise salad</p> <p>_____</p> <p>_____</p>
Saturday	<p>Omelette and tomatoes</p> <p>_____</p> <p>_____</p>	<p>Jacket potato with cottage cheese and salad</p> <p>_____</p> <p>_____</p>	<p>Sausages and roasted root vegetables</p> <p>_____</p> <p>_____</p>
Sunday	<p>Bacon and tomatoes</p> <p>_____</p> <p>_____</p>	<p>Baked frittata</p> <p>_____</p> <p>_____</p>	<p>Mexican chicken with wholegrain wrap nachos</p> <p>_____</p> <p>_____</p>