

Week 1

	Breakfast	Lunch	Dinner	Snack
Monday	exanté Apple & Cinnamon Porridge	exanté Chocolate Orange Shake	Courgetti Bolognese	exanté Choco Balls
Tuesday	exanté Strawberry Jam & Yogurt Bar	exanté Shepherd's Pie	Stuffed Chicken Breast w/Veg	exanté Salt & Vinegar Crisps
Wednesday	exanté Muesli Breakfast Bar	exanté Tomato & Mascarpone Soup	Veggie Cauli Rice	exanté Chocolate Protein Wafer
Thursday	exanté Maple Syrup Porridge	exanté Ham & Mushroom Soup	Turkey Steak, garlic, yogurt mint & cucumber dip	exanté Strawberry Jam & Yogurt Bar
Friday	exanté Chocolate Protein Muesli	Supergrain Salad	exanté Chicken Fajitas	exanté Strawberry Wafer
Saturday	Eggs and Avocado	exanté Toffee Caramel Shake	exanté Sweet & Sour Noodles	exanté BBQ Crisps
Sunday	exanté Maple Syrup Pancakes	exanté Chicken & Leek Soup	Pesto Salmon & Green Beans	Yogurt Pot

Week 2

	Breakfast	Lunch	Dinner	Snack
Monday	exanté Chocolate Protein Muesli	Chicken Burrito	exanté Indian Style Curry w/rice	exanté Chocolate Shake
Tuesday	exanté Vanilla Shake	exanté Red Bean Chilli	Fish Tacos	exanté Choco Balls
Wednesday	exanté Plain Porridge	exanté Indian Dahl Pot Meal	Whole Grain Pasta Salad	exanté Salt & Vinegar Crisps
Thursday	exanté Cheese & Bacon Breakfast Eggs	exanté Lemon & Raspberry Shake	Mediterranean Chicken Salad	exanté Strawberry Wafer
Friday	exanté Vanilla Shake	exanté Moussaka	Beef Steak with veg, lime & coriander rice	Sweet Pot, Carrot, Courgette Sticks
Saturday	exanté Chocolate Orange Bar	Mediterranean Style Cous Cous	exanté Cottage Pie	Homemade Granola bar
Sunday	Peanut Butter and Banana Toast	exanté Chip Shop Curry	Mushroom Risotto	exanté Chocolate Shake

Week 3

	Breakfast	Lunch	Dinner	Snack
Monday	exante Banana Shake	exante Tomato & Mascarpone Soup	Pesto Salmon & Green Beans	Herby Chicken Skewers
Tuesday	exante Chocolate Protein Muesli	exante Toffee Caramel Shake	Meat Stuffed Aubergine	exante BBQ Crisps
Wednesday	exante Cheese & Bacon Breakfast Eggs	exante Cottage Pie	Mushroom Risotto	exante Strawberry Wafer
Thursday	Overnight Oats	exante Beef Chilli with Rice	Patatas Bravas	exante Strawberry Jam & Yogurt Bar
Friday	exante Apple & Cinnamon Porridge	exante Chicken & Leek Soup	Veg Stuffed Aubergine	exante BBQ Crisps
Saturday	Breakfast Smoothie	exante Indian Dahl Pot Meal	Veggie Cauli Rice	exante Chocolate Protein Wafer
Sunday	exante Plain Pancakes	exante Chocolate Shake	Courgetti Bolognese	Homemade Popcorn Trail Mix

Week 4

	Breakfast	Lunch	Dinner	Snack
Monday	exante Apple & Cinnamon Porridge	Fish Tacos	exante Moussaka	PB Coconut Protein Balls
Tuesday	exante Maple Syrup Pancakes	exante Red Bean Chilli	Meat Stuffed Aubergine	exante BBQ Crisps
Wednesday	exante Cheese & Bacon Breakfast Eggs	exante Cottage Pie	Mushroom Risotto	Herby Chicken Skewers
Thursday	exante Plain Porridge	exante Ham & Mushroom Soup	Beef Steak with veg, lime & coriander rice	Homemade Popcorn Trail Mix
Friday	exante Chocolate Protein Muesli	exante Lemon Bar	Chicken Burrito	exante Salt & Vinegar Crisps
Saturday	exante Strawberry Jam & Yogurt Bar	exante Tomato & Mascarpone Soup	Mediterranean Chicken Salad	Sweet Pot, Carrot, Courgette Sticks
Sunday	Homemade Granola bar	exante Indian Style Curry w/rice	Pesto Salmon & Green Beans	exante Chocolate Orange Bar