



NUTRITION BY BRITT

# BUDGET FRIENDLY 7 DAY MEAL PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Sliced tomato and 1 tin tuna on multi grain toast	Scrambled green eggs: spinach, eggs, parsley, salt and pepper	Muesli with 1/2 small banana sliced and 1/3 cup natural Greek yoghurt	Brekkie smoothie 1: 1 cup low fat milk, 1 small banana, 1/4 cup frozen berries	Sliced tomato and 2 poached eggs on multi grain toast	Brekkie smoothie 2: 1/2 cup melon (any type), 1 cup low fat milk, 1/2 orange, 1/2 small banana	<i>Breakfast beans on multigrain toast</i> (recipe from Nutrilly Nutrition)
<b>Lunch</b>	Grilled chicken lettuce wraps: Chicken, tomato, cucumber, and cos lettuce leaves with garlic mustard dressing	<i>Cous cous salad</i> (recipe from Nutrilly Nutrition)	Wholegrain chili con carne wraps (made with leftover chili con carne)	<i>Cous cous salad</i> (recipe from Nutrilly Nutrition)	Lettuce, tomato, cucumber, roast pumpkin and 2 soft boiled eggs	Leftover homemade flatbread pizzas	Stir fried rice with egg, brown rice, capsicum, zucchini, broccoli, carrot and soy garlic dressing
<b>Dinner</b>	<i>Vegetable curry</i> (recipe from The Healthy Chef)	Chilli con carne with pita crisps, salsa and mashed avocado	Grilled fish parcels with steamed broccoli, asparagus and mashed pumpkin	<i>Veggie burgers</i> (recipe from Nutrilly Nutrition)	Homemade flatbread pizzas with chicken, veggies and tomato paste	<i>Vietnamese rice noodle salad with chicken</i> (recipe from food52)	Grilled veggie stacks with marinated beef kebabs, green salad
<b>Snacks</b>	1 apple, 6 multigrain crackers with homemade hummus	10 almonds, 1 cup slightly salted natural popcorn	4 slices watermelon, cucumber slices with cheese	1 tin tuna in olive oil on 2 rice cakes	5 brazil nuts, 1 small banana	Veggie lettuce wrap: grated carrot, cucumber, and beetroot with mustard dressing	1 pear with 1 tbsp. peanut butter, 6 multigrain crackers with 1/4 avocado
<b>Drinks</b>	2-3 litres filtered water 1 black coffee with little milk or black tea Green tea or herbal tea (peppermint, ginger, liquorice, chamomile, lemon, dandelion etc)						