

3 Element Health Plan Phase IV

Healthy Eating Plan

Week 13-16

Monday

Breakfast

A bowl of high fibre cereal topped with low fat yoghurt and raspberries
1 slice of toast with jam or honey
1 glass of fresh fruit juice.
A cup of tea or coffee if you wish

Mid morning Snack

A piece of fruit

Lunch

A cup of tomato soup
*** wait 8-10 min if possible**
1 wholemeal pita pocket filled with grilled chicken, lettuce, tomato and fresh salsa

Afternoon Snack

A banana

Dinner

A 2 egg omelette with diced mixed peppers, spring onions and mushrooms.

Tuesday

Breakfast

1 or 2 thin slices of toast with lightly spread cream cheese
A bowl of mixed seasonal fruit.
A cup of tea or coffee if you wish

Mid morning Snack

A muesli bar

Lunch

Fresh Romaine Leaves with cucumber and spring onion salad
Low Fat Yoghurt dressing
*** wait 8-10 min if possible***
Wholemeal pasta with Cabbage
(See www.wellnessradar.com for recipe)

Small serving of frozen yoghurt

Mid afternoon Snack

An apple

Dinner

Red Pepper Soup
(For recipe log onto www.wellnessradar.com)

Wednesday

Breakfast

1 Weetabix topped with slices of mango and/or pineapple, low fat milk.

1 boiled or poached egg with ½ slice of wholemeal toast.

A glass of fruit juice.

A cup of tea or coffee

Mid morning Snack

Low fat fruit yoghurt

Lunch

Mixed leafy salad with Garlic Yoghurt Dressing*
with

Tuna and Corn Fish Cakes*(hot or cold)

(* For recipe log onto www.wellnessradar.com)

Mid afternoon Snack

A handful of red grapes with some nuts (unsalted)

Dinner

Fresh carrot and pea soup.

Thursday

Breakfast

A toasted bagel with marmalade

A small bowl of fresh fruit.

A cup of tea or coffee

Mid morning Snack

Low fat fruit yoghurt

Lunch

A cup of leek and potato soup with black pepper

*** wait 8-10 min if possible***

A double sandwich topped with 1 slice of ham, cheese, pastrami, lettuce and mustard.

Mid Afternoon Snack

A banana

Dinner

Sweet corn chowder with pasta shells*

(*For recipe log onto www.wellnessradar.com)

Friday

Breakfast

1 bowl of porridge with raisins, skimmed milk and a teaspoon of sugar or honey.

1 glass of fresh fruit juice

A cup of coffee or tea if you wish

Mid morning Snack

A banana

Lunch

A fresh tomato and onion salad, sprits of olive oil. Balsamic vinegar.

*** wait for 8-10 min if possible***

Crunchy topped Cod*

(*For recipe log onto www.wellnessradar.com)

Mid afternoon Snack

A bowl of pineapple cubes

Dinner

Brown lentil soup*

(*For recipe log onto www.wellnessradar.com)

Saturday

Breakfast

1 boiled or poached egg
1 or 2 grilled turkey bacon rashers
A grilled tomato or flat mushroom
½ cup of baked beans
Slice of toast

Tea or coffee

Mid morning Snack

A piece of fruit

Lunch

Grilled Salmon with wild rice /mushroom risotto
Small serving of rhubarb and apple pie.

Mid afternoon Snack

1 low fat fruit yoghurt

Dinner

Cheese topped Roasted Baby Vegetables*
(*For recipe log onto www.wellnessradar.com)

Sunday

Breakfast

1 bagel (blueberry / cinnamon and raisin) with thinly spread butter or margarine
1 low fat yoghurt with mixed fruit

A cup of tea or coffee.

Mid morning Snack

A handful of red and green grapes

Lunch

Fresh Asparagus Spears with Hollandaise*
wait for 8-10 min if possible
Stir Fry Beef with Green Beans and Rice*
(* For recipes log onto www.wellnessradar.com)

Mid afternoon Snack

A piece of fruit

Dinner

1 wholemeal tortilla filled with fresh salad vegetables, 1 slice of ham and a sprinkle of grated parmesan cheese. Topped with fresh salsa.