

3 Element Health Plan

Element I. Healthy Eating Plan

Week 9-12

Monday

Breakfast

A bowl of high fibre cereal, low fat milk topped with 1 banana and a handful of red berries.
1 glass of fresh fruit juice.
A cup of tea or coffee if you wish

Mid morning Snack

A piece of fruit

Lunch

Green Salad, vinegar and sprayed olive oil dressing.

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

1 or 2 slices of wholemeal bread topped with tuna in brine, red peppers and cucumber.

Afternoon Snack

Low fat fruit yoghurt.

Dinner

A bowl of fresh potato and leek soup.



Tuesday

Breakfast

1 boiled egg with toast.
A bowl of fresh pineapple
A cup of tea or coffee if you wish

Mid morning Snack

A piece of fruit

Lunch

Fresh green salad with tomatoes, low fat diluted Italian dressing*
(For everything there is to know about salad dressings
go to HealthyFitFacts on www.wellnessradar.com)
*** wait 8-10 min if possible***

Wholemeal pasta tossed in sweet corn, onions and grilled lean chicken breast cubes finished with one
teaspoon of low fat crème fraiche. (Appetizer portion)
Small serving of frozen yoghurt

Mid afternoon Snack

A handful of red and white grapes

Dinner

A bowl of Spicy Tomato and Lentil Soup
(For recipe log onto www.wellnessradar.com)

Wednesday

Breakfast

1 or 2 Weetabix topped with low fat yoghurt and a serving of sliced canned peaches.
A glass of fruit juice.
A cup of tea or coffee

Mid morning Snack

A bowl of tropical fruit salad

Lunch

Spinach and beetroot salad , Balsamic Mustard Dressing*

(For recipe log onto www.wellnessradar.com)

***wait for 8-10 min ***

Stir fried beef strips with mushrooms, red onions and brown rice.

Mid afternoon Snack

A handful of red grapes

Dinner

Creamy Cod Chowder*

(For recipe log onto www.wellnessradar.com)

Thursday

Breakfast

1 or 2 slices of raisin and cinnamon toast with a thin spread of margarine

A small bowl of fresh fruit.

A cup of tea or coffee

Mid morning Snack

Low fat fruit yoghurt

Lunch

A bowl of tomato soup with a handful of wild rice, white pepper

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

A wrap filled with two lean slices of ham, lettuce, tomato, cucumber, a teaspoon of grated cheese, chutney
(Adult portion)

Mid Afternoon Snack

A banana

Dinner

White bean soup.*

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

Friday

Breakfast

1 bowl of porridge with 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 garden salad, low fat dressing

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

Oven baked trout (salmon optional) with steamed carrots and mange tout,

1 or 2 new potatoes

Mid afternoon Snack

A fruit Smoothie

Dinner

A mixed melon and grape fruit salad

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

A bowl of carrot, pea and leek soup.

Saturday

Breakfast

Cooked breakfast:

- 1 boiled or poached egg
- 1 or 2 grilled turkey bacon rashers
- A grilled tomato or flat mushroom
- Slice of toast
- 1 glass of fruit juice
- Tea or coffee

Mid morning Snack

A piece of fruit

Lunch

Sweet and sour fish* served with brown rice
(For recipe log onto www.wellnessradar.com)
Raspberry Sorbet dessert topped with a teaspoon of nuts or seeds

Mid afternoon Snack

An apple

Dinner

Cheese and Spinach puffs, 1 or 2 servings
(For recipe log onto www.wellnessradar.com)

Sunday

Breakfast

½ toasted bagel with thinly spread marmalade or jam
1 low fat yoghurt with mixed fruit

A cup of tea or coffee.

Mid morning Snack

A handful of red and green grapes

Lunch

Grilled fillet steak with sautéed mushrooms.

1 or 2 new potatoes

A small serving of rhubarb and apple compote with 1 small scoop of Vanilla ice-cream

Mid afternoon Snack

A piece of fruit

Dinner

1 wholemeal and garlic Pita pocket filled with fresh red and yellow pepper, a slice of lean turkey breast. Cool or Hot Fresh Salsa.

For your additional free bi-monthly HealthyFitFactSheet go to www.wellnessradar.com