

3 Element Health Plan Phase V

Healthy Eating Plan

Week 17-20

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

OR

Choose any Monday breakfast from Phase II. III. or IV.

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

OR

Choose any Monday lunch from Phase II. III. or IV.

Afternoon Snack

A banana

Dinner

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

OR

Choose any Monday dinner option from Phase II.III. or IV.

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

OR

Choose any Tuesday breakfast option from Phase II.III. or IV.

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

OR

Choose any Tuesday lunch from Phase II.III. or IV.

Mid afternoon Snack

An apple

Dinner

Red Pepper Soup

(For recipe log onto www.wellnessradar.com)

OR

Choose any Tuesday dinner meal from Phase II.III or IV.

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

OR

Choose any Wednesday breakfast option from Phase II.III. or IV.

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)

OR

Choose any Wednesday lunch option from Phase II. III. or IV.

Mid afternoon Snack

A handful of red grapes with some nuts (unsalted)

Dinner

Fresh carrot and pea soup.

OR

Choose any Wednesday dinner option from Phase II.III. or IV.



Thursday

Breakfast

A toasted bagel with marmalade

A small bowl of fresh fruit.

A cup of tea or coffee

OR

Choose any Thursday breakfast option from Phase II.III. or IV

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.

OR

Choose any Thursday lunch from Phase II.III. or IV

Mid Afternoon Snack

A banana

Dinner

Sweet corn chowder with pasta shells*

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

OR

Choose any Thursday dinner option from Phase II.III. or IV.

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

OR

Choose any Friday breakfast option from Phase II.III. or IV.

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)

OR

Choose any Friday lunch option from Phase II.III. or IV.

Mid afternoon Snack

A bowl of pineapple cubes

Dinner

Brown lentil soup*

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

OR

Choose any Friday dinner option from Phase II.III. or IV.



Saturday

Breakfast

1boiled 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

Or

Choose any Saturday breakfast option from Phase II.II. or IV.

Mid morning Snack

A piece of fruit

Lunch

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

OR

Choose any Saturday lunch option from Phase II.III. or IV

Mid afternoon Snack

1 low fat fruit yoghurt

Dinner

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

Or

Choose any Saturday dinner option from Phase II.III. or IV.

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.

OR

Choose any Sunday breakfast option from Phase II.III. or IV

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)

OR

Choose any Sunday lunch option from Phase II.III. or IV.

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.

OR

Choose any Sunday dinner option from Phase II.III. or IV