

### CAPSULE MEAL PLAN

	<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>DAY 4</b>
<b>BREAKFAST</b>	Avocado on sourdough toast with Munchy seeds	Overnight oats/Bircher muesli or omelette	Poached/scrambled eggs on sourdough toast	Green smoothie
<b>LUNCH</b>	Watercress soup	Baked sweet potato with tuna 'mayo' (use yoghurt instead of mayo)	Chicken wrap	Pick 'n' mix salad
<b>SNACK</b>	Apple with nuts or fruit smoothie	Vegetable batons with hummous	Olives or yoghurt	Hard boiled egg or celery with nut butter
<b>DINNER</b>	Salmon with soy sauce served with broccoli & rice	Harissa chicken with green beans & butternut squash	Pesto salmon with wilted spinach & rice	Chicken/veg stir fry served with rice
<b>DESSERT</b>	Yoghurt with honey & toasted nuts	Dark chocolate & herbal tea	Chocolate balls	Banana