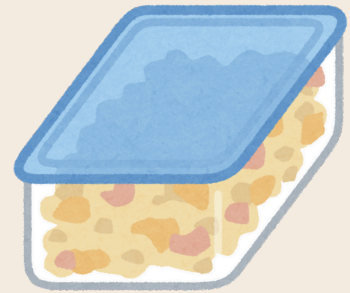
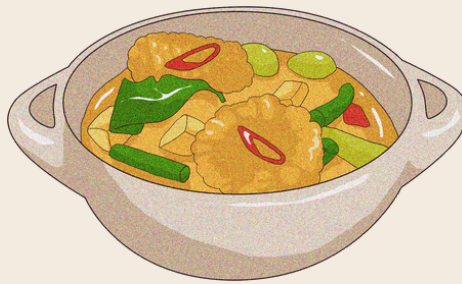
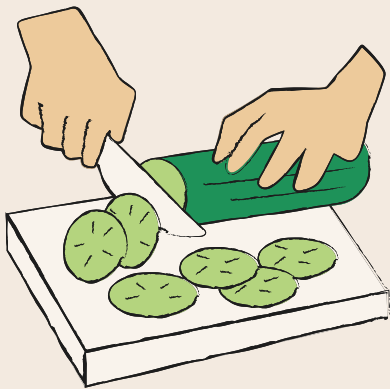


Healthy Meal Planning #2



Summer edition

✓ These meals are designed to feed two people (with leftovers) though can be scaled for families

✓ Some elements are complimentary and can be mixed and matched with food outside of this plan

✓ All meals can be prepped ahead of time and the dinner recipes are suitable for freezing too

✓ This is designed as weekday plan with flexibility built in for cooking or eating out at

Breakfast

Breakfast Smash

Recipe makes 3 servings (with approx. 14g of fibre / portion)

[Recipe link](#)



Lunch

Italian-style Dense Bean Salad

Recipe makes 3 servings (with approx. 12g of fibre / portion)

[Recipe link](#)



Halloumi Quinoa Salad Pots

Recipe makes 3 servings (with approx. 8g of fibre / portion)

[Recipe link](#)

Dinner

Caribbean Coconut Curry

Recipe makes 3 servings (with approx. 8g of fibre / portion), I recommend serving with brown rice

[Recipe link](#)



Greek-style Orzo

Recipe makes 2-3 servings (with approx. 7g of fibre / portion)

[Recipe link](#)



Mediterranean Traybake

Recipe makes 2-3 servings (with approx. 12g of fibre / portion),

[Recipe link](#)

Sides & Snacks

Yoghurt Flatbreads

Recipe makes 8 servings (with approx. 3g of fibre / portion)

[Recipe link](#)



Quinoa

Recipe makes 5 servings (with approx. 3g of fibre / portion)

[Recipe link](#)

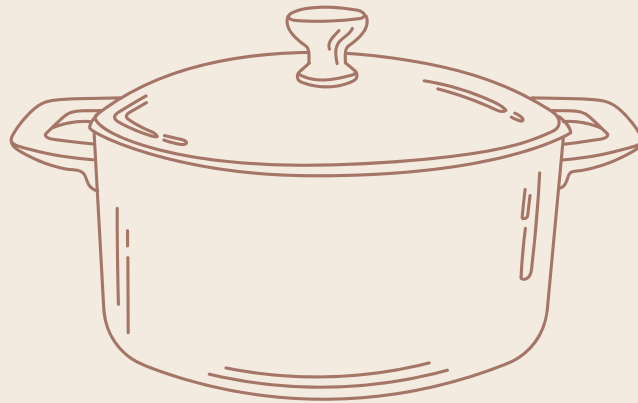


Herby Green Tahini Sauce

Recipe makes 4 servings (with approx. 6g of fibre / portion),

[Recipe link](#)

Ideas & Inspiration



*How to enjoy varied meals
throughout the week*

- ✓ The flatbreads can be used as a naan with the curry or as lunch wraps with the tahini sauce and a few additions (like grilled veg and halloumi)
- ✓ The quinoa can be used in salads but also as a high-fibre replacement for rice
- ✓ The tahini sauce can be used in the Traybake instead of hummus