

RECIPES VISUALISATIONS. Images of the recipes foreseen in the 6-week meal plan

Turkey with veggies and whole wheat pita wraps



Salmon with asparagus, cucumber, cherry tomatoes and brown rice



Grilled chicken skewers with veggies and brown rice



Classic roast beef with crispy roasties



Pork meatballs with quinoa salad



Beef and bean chili



Roast chicken with roasted potatoes



Salmon, courgette and quinoa salad



Tuna and avocado salad with Basmati rice



Chicken and Veg Stir-Fry with Noodles



Bangers and mashed potatoes



Beef, broccoli and basmati rice



Spicy chicken with couscous



Salmon with veg and whole wheat pasta



Pesto chicken with roasted broccoli and cauliflower



Vegetarian chickpea, couscous and spinach curry



Beef burrito bowl with brown rice



Feta cheese and roasted tomato couscous



Lentils & couscous stuffed bell peppers



Chicken and brown rice casserole



Prawn, courgette and rice stir-fry



Cottage cheese, green beans and quinoa salad



Beef burgers and sweet potato wedges



Grilled turkey breast with lemon herb rice



Double decker smoky salmon and cottage cheese on rye bread



Smashed avocado with poached egg on toast



Stovetop scrambled eggs with berries



Fruity yoghurt bowl



Nut butter and banana on toast



Berry oats with nut butter

