

Healthy  
Eating

# Healthy Meal Plan

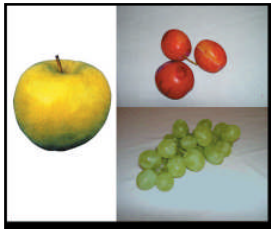


## What can I have for breakfast?



Unsweetened fruit juice

**or**



Fresh fruit

**or**



Tinned fruit in natural juice



## What can I have for breakfast?



Cereal

or



Porridge

with



Low fat milk



## What can I have for breakfast?



Bread and low fat spread

or



Toast with low fat spread

with



a little jam or marmalade



## What can I have for a light meal?



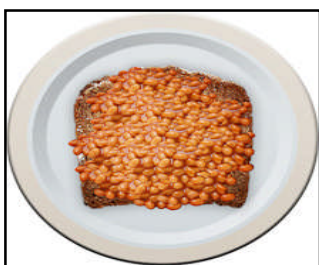
Soup with bread

or



Sandwich

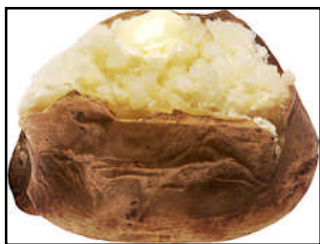
or



Beans on toast



## What can I have for a light meal?



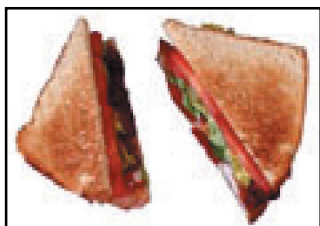
Jacket potato

or



Bagel with low fat cheese

or



Toasted sandwich

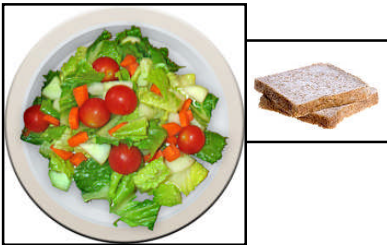


And there's more . . .



Scrambled eggs on toast

or



Salad with warm bread

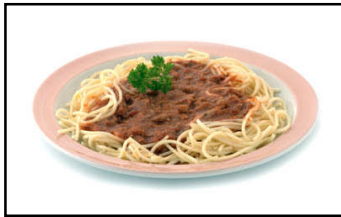
or



Tomatoes on toast



## What can I have for a main meal?



Spaghetti bolognese

or



Lean meat with lots of vegetables

or



Shepherds Pie





## What can I have for a main meal?



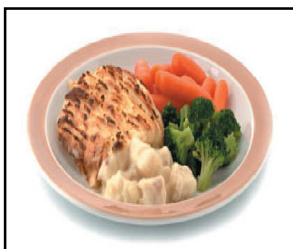
Stir fry with noodles

or



Lasagne

or



Fish pie

**Remember to have lots of vegetables**



## What can I have for a pudding?



Low fat low sugar yogurt

or



Fresh Fruit

or



Sugar free mousse

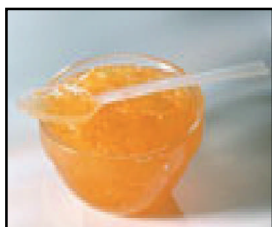


## What can I have for a pudding?



Fresh fruit salad

**with**



Sugar free jelly

**or**



Unsweetened milk pudding



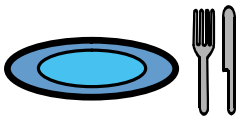


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