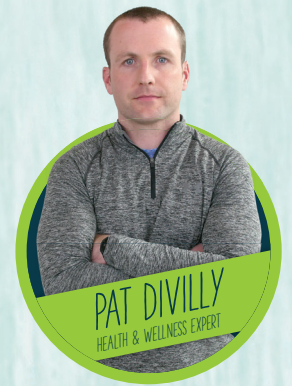


# MEAL PLANNER



## BREAKFAST

## LUNCH

## DINNER

## WATER

**Monday**

Asparagus & Egg Soldiers

Chicken Wraps With Pesto & Yogurt Dressing

Pesto Turkey Burgers

Aim to drink at least 2 litres of water



**Tuesday**

Avocado & Scrambled Eggs

Broccoli Soup

Sweet pepper & whole grain Mustard Mince

Aim to drink at least 2 litres of water



**Wednesday**

Peanut Butter and Banana Smoothie

Tuna & Grape Salad

Homemade Beef Burgers

Aim to drink at least 2 litres of water



**Thursday**

Quick Italian Breakfast Eggs

Strawberry & Goat's Cheese Salad

Garlic Prawns

Aim to drink at least 2 litres of water



**Friday**

Breakfast Bausti's

Protein Lunch

Chicken Fried Rice

Aim to drink at least 2 litres of water



**Saturday**

Guilt Free Huevos Rancheros

Lettuce Wraps

Sweet Potato Stuffed With Broccoli & Feta

Aim to drink at least 2 litres of water



**Sunday**

Coconut & Almond Pancakes

Chicken Salad

Pan Seared Steak

Aim to drink at least 2 litres of water



**TOP TIPS**

1.



Each day start with half a lemon squeezed in to warm water.

2.



Each main meal you should pick a protein, healthy fats source and vegetables or salads

3.



Meal planner is a guide line you can mix and match to suit your taste

4.



Leftover dinners can be used for lunch next day.

FOR MORE INFORMATION VISIT [CENTRA.IE/LIVEWELL](https://centra.ie/livewell)

CENTRA.IE

**Centra**  
LIVE EVERY DAY