

7 DAY MEAL PLAN TO HELP LOWER CHOLESTEROL

	BREAKFAST	LUNCH	DINNER
Monday	Chia and oat pudding	Tuna pasta salad	Chicken and broccoli stir-fry
Tuesday	Basic bircher muesli topped with nuts or seeds	Wholemeal pita with salad or cooked vegetables, hummus, and a choice of cooked lean meat, canned tuna or four-bean mix	Falafel tray bake
Wednesday	Porridge topped with plain yoghurt, seasonal fruit, nuts and seeds	Spiced pumpkin, lentil and tofu salad	Blackened fish tacos
Thursday	Wholegrain toast with avocado, tomato and sesame seeds	Chickpea fattoush salad	Poke bowl
Friday	Natural muesli with plain yoghurt, seasonal fruit and sunflower seeds	Sardines and spinach on toast	Winter vegetable and barley soup
Saturday	Homemade baked beans	Tofu salad with miso dressing	Chilli mince and beans served in lettuce cups, wholemeal wraps or on top of brown rice
Sunday	Cooked mushrooms, spinach and tomatoes on wholegrain toast	Quick toastie quesadillas with avocado salsa	Chicken and chickpea curry