



DIET PLAN TO LOWER CHOLESTEROL AND LOSE WEIGHT



	BREAKFAST	LUNCH	DINNER
MON	Blueberry Blues Porridge (page 5)	Greek Salad (12)	Haddock Risotto (27)
TUE	Basil and Spinach Scramble (7)	Falafel Wraps (14)	Eggplant and Lentil Bake (29)
WED	Tomato and Watermelon Salad (9)	Carrot, Orange and Avocado Salad (16)	Mediterranean Chicken, Quinoa & Greek Salad (31)
THU	Blueberry Blues Porridge (5)	Mixed Bean Salad (18)	Grilled Vegetables with Bean Mash (33)
FRI	Basil and Spinach Scramble (7)	Panzanella Salad (20)	Salmon & Chickpea Salad (35)
SAT	Tomato and Watermelon Salad (9)	Spiced Carrot and Lentil Soup (22)	Chicken Gyros (37)
SUN	Blueberry Blues Porridge (5)	Moroccan Chickpea Soup (24)	Spicy Mediterranean Beet Salad (39)