

BAXTERS STAY FULL CHALLENGE WEEK 2



	<i>Breakfast</i>	<i>Snack</i>	<i>Lunch</i>	<i>Snack</i>	<i>Evening meal</i>	<i>Snack</i>
Monday	Birchers muesli (oats left to soak overnight in the fridge with natural yogurt and raisins)	Two tangerines	Baxters Tomato, Chorizo & Mixed Bean Soup with crusty wholegrain bread	Handful of unsalted nuts Fruit juice	Beef stew (add in a handful of lentils for extra fibre), carrot mash and peas	Dried apricots
Tuesday	Shredded wheat with low fat milk Fresh fruit smoothie	Handful of unsalted nuts	Salad with smoked mackerel, baby tomatoes and spinach leaves served with cous cous	2 biscuits with low fat spreading cheese	Baxters Spiced Butternut Squash & Edamame bean soup with 2 oatcakes	Mango lassi (drinking yogurt mixed with pureed mango)
Wednesday	Bran Flakes with low fat milk Fruit juice	Orange	Baxters Broccoli, Salmon & Watercress Soup with 2 rice cakes	Dried prunes	Stir-fry made with Quorn, red/green peppers, onion, ginger, garlic, soy sauce and noodles	Handful of unsalted nuts
Thursday	Wholegrain toast with low fat spread and jam Fresh fruit Smoothie	Dried apricots	Baxters Beetroot, Tomato & Buckwheat Soup with 2 oatcakes	Handful of unsalted nuts	Spanish omelette (vegetables, ham, boiled potatoes, peas) served with crusty wholegrain bread and a side salad	Tinned pineapple with low-fat custard
Friday	Porridge with honey Fruit juice	Handful of unsalted nuts	Baxters Minestrone with Basil & Parmesan Soup with a bagel	Apple	Pollock fish cakes on a bed of tomato and basil rice served with baked beans	Mixed fruit salad
Saturday	Omelette with mushrooms	Grapes	Baxters Tomato, Chorizo & Mixed Bean Soup with wholegrain toast	Dried raisins	Grilled gammon steak with pasta and baby sweetcorn	2 wholegrain crispbreads or crackers with low fat spreading cheese
Sunday	Grilled bacon in a wholegrain roll Fresh fruit salad	Dried prunes	Roast chicken with new potatoes and Savoy cabbage (remember not to baste meat)	Banana	Baxters Spiced Butternut Squash & Edamame Bean Soup with rice cakes	Handful of unsalted nuts

Note: lunch and dinner options can be swapped if desired