



**DIANA WRIGHT**

FOOD SCIENCE AND NUTRITION

BSc Hons Dip ION 

## A HEALTHY EATING MENU PLAN

### MONDAY

**Breakfast** - Sugar free muesli soaked overnight in orange juice and with a grated whole apple. Can use soya/oat or rice milk as alternatives, especially if on a dairy free diet or menopausal.

**Lunch** - A 225 g baked potato with sweet corn, salad and cooked/tinned and drained chick peas. Make sure the salad is full of colour and variety. Mix vegetables with fruits.

**Supper** - Baked rainbow trout with onions and white wine. Serve with quinoa and steamed vegetables such as asparagus, broccoli and carrots.

### TUESDAY

**Breakfast** - Smoothie made with any ripe fruit including a banana that can be previously frozen, some cranberry juice and soya yoghurt to the right consistency.

**Lunch** - Homemade vegetable soup e.g. spicy carrot and parsnip with some ryvita, small pieces of wholemeal bread or rye bread. Covent Garden soups are good if time is short.

*Note-make enough homemade soup when you do have time, to freeze in batches for the future.*

**Supper** - Buckwheat pancakes with stir-fry vegetables and lean chicken breast. Use flavourings such as soya sauce, fresh garlic and ginger.

### WEDNESDAY

**Breakfast** - Porridge made with soya milk, with added nuts, seeds and dried apricots.

**Lunch** - Tuna fish salad nicoise using added chopped cold boiled egg, chopped cold new potatoes, par boiled green beans tomatoes and lettuce with anchovies to taste. Add 1 tbsp flax oil plus 1 tbsp yoghurt, fresh lemon juice with 1 tsp mustard for dressing.

**Supper** - Vegetable/bean/lean beef chilli with wholemeal rice and salad. Use vegetables such as sweet potatoes, aubergines, different coloured peppers, tinned tomatoes, carrots, broccoli and cauliflower. Add the latter into the pot, near the end to ensure not to overcook.

### THURSDAY

**Breakfast** - Dried fruit compote-soak a variety of dried fruit overnight and then drain. Serve with extra thick creamy bio yoghurt.

**Lunch** - Sandwich with the following suggested fillings;  
Tahini and apple  
Hummus and salad

*Working towards better health*

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Mashed avocado  
Tuna and salad  
Mashed tofu with a little dark soya sauce  
Egg and cress  
Lean chicken  
Smoked salmon  
Mushroom pate

*Supper* - Roast chicken with roasted vegetables on millet (steamed).

## FRIDAY

*Breakfast* - Omelette with mushrooms, tomatoes and a dash of Worcester sauce on rye bread.

*Lunch* - Cold millet and roasted vegetables with salad saved from the night before.

*Supper* - Grilled plaice with tomato and orange sauce. Serve with new potatoes and a variety of steamed vegetables.

## SATURDAY

*Breakfast* - Wheat free multi grain flakes with soya milk.

*Lunch* - Smoked mackerel and salad.

*Supper* - Vegetable lasagne.

## SNACKS

Fresh fruit  
Nuts, seeds and dried fruit  
Oat cakes  
Rye biscuits  
Low sugar flap jack/cereal bars  
Crudities  
Bio yoghurt

## DRINKS

Redbush tea  
Fruit teas  
Camomile tea  
Peppermint tea  
Barley cup

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## REFERENCES

- Optimum Nutrition Cookbook by Patrick Holford
- Natural Alternatives to Dieting by Marilyn Glenville
- Natural Alternatives to the Menopause by Marilyn Glenville
- The Food Doctor by Vicki Edgson and Ian Marber

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