

## Matt's Food Diary – Week 3

|               | <b>MON</b>              | <b>TUES</b>         | <b>WED</b>                         | <b>THURS</b>      | <b>FRI</b>                   | <b>SAT</b>       | <b>SUN</b>       |
|---------------|-------------------------|---------------------|------------------------------------|-------------------|------------------------------|------------------|------------------|
| <b>BREK</b>   | Cereal & banana         | Cereal & banana     | Cereal & banana                    | Cereal & banana   | Cereal & banana              | Cereal & banana  | Cereal & banana  |
| <b>LUNCH</b>  | Soup                    | Salad               | Soup                               | Salad             | Soup                         | Salad            | Soup             |
| <b>SNACK</b>  | Portion of fruit        | Portion of fruit    | Portion of fruit                   | Portion of fruit  | Portion of fruit             | Portion of fruit | Portion of fruit |
| <b>DINNER</b> | Chicken breast with veg | Ratatouille & sauce | Vegetable Stir Fry with brown rice | Couscous with veg | Battered cod fillet with veg | Home made curry  | Risotto          |