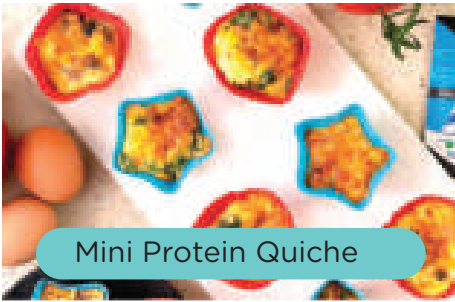


BREAKFAST

LUNCH/DINNER

SNACK IDEAS

Monday



Mini Protein Quiche



Miso Soup



Avo & Egg Rye Toast

Tuesday



Healthy Porridge Bowl



Slow-Cooked Lamb



Carrots with Hummus

Wednesday



Banana Waffles



Moroccan Shepherd's Pie



Yoghurt & Fruit

Thursday



Avocado Devilled Eggs



Meatloaf Cupcakes



Tuna & Rye Crackers

Friday



Ricotta Pancakes



Chicken Taco Filling



Veggies & Dip

Weekend



Eggs in Ham Cups



Wild Mushroom Soup



Fresh Fruit & Nuts

● Recipes are clickable

7-Day Winter Warmers Meal Plan

Try one of our recipes or snacks ideas each day and fill the table below with your meals.

	BREAKFAST	LUNCH/DINNER	SNACKS
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Snap & Share!

Share your delicious meals with us.

[BN Bariatric Facebook Group](#)