

EXAM NUTRITIONAL GUIDELINES

Start your day with cup of hot water and lemon
Unlimited water, herbal teas and coffee substitutes



Breakfast

- M** Pure oats with ½ water and ½ skimmed milk. 1 slice of wholewheat toast with 1 tsp honey.
T Museli with skimmed or low fat milk, ½ grape fruit
W 2 poached eggs, 2 grilled tomatoes, 2 slices gluten free bread toast
T Grilled mushrooms, 2 boiled eggs, 2 slices gluten free toast
F Fruit salad (4 pieces of fruit of your choice), natural yoghurt, 1 teaspoon of honey
S Weetabix, skimmed or low fat milk, chopped nuts, strawberries
S Blend 150ml of orange juice, 1 banana, 2 ice cubes, 50g of raspberries, 1 tbsp of low fat yoghurt and 1 tsp of honey. Serve when smooth

AM Snack

- | | | | |
|----------|--------------------------------------|----------|---------------------------------------|
| M | Small banana, apple | F | Handful of seeds (sunflower, pumpkin) |
| T | Handful of nuts (almonds, hazelnuts) | S | Raspberries, blueberries |
| W | Low fat yoghurt | S | Kiwi fruit, peach |
| T | Orange, pear | | |

Lunch

- M** Tuna salad, light dressing, ½ glass of freshly squeezed orange juice
T Home made vegetable soup, 1 slice of wholewheat toast /rice cake
W Grilled chicken breast, brown rice, 2 pieces of vegetables of your choice
T Vegetable salad with low fat cottage cheese
F Turkey sandwich with no dressing, ½ glass of freshly squeezed orange juice
S Grilled fish with green vegetables of your choice
S Chicken soup, 1 slice of wholewheat toast

PM Snack

- | | | | |
|----------|---------------------------------------|----------|--------------------|
| M | Low fat natural yoghurt, raspberries | F | Orange |
| T | Handful of seeds (sunflower, pumpkin) | S | Handful of raisins |
| W | 2 oat biscuits | S | Handful of grapes |
| T | 1 tin of tuna in brine | | |

Dinner

- M** Grilled lamb (lean), 3 baby potatoes, carrots.
T Oven baked chicken breast, brown rice with broccoli.
W Beef (lean), 3 pieces of vegetables of your choice.
T Grilled salmon, green vegetables with brown rice
F Grilled cod, 3 baby potatoes, green leafy vegetables (spinach, kale, cabbage)
S Fresh vegetable and chicken salad with low fat dressing.
S Turkey, 1 sweet potato with grilled mushrooms.