

# YOUR COOKING FOR ONE MEAL PLANNER

All recipes marked ● are available at [diabetes.org.uk/recipes](https://diabetes.org.uk/recipes)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Breakfast</b>	Banana porridge – made with 27g oats, 150ml whole milk, 100ml water, 85g sliced banana and 10g flaked plain almonds <b>329 kcal • 44.2g carbs • 4.2g fibre</b> <b>11g protein • 1 Fruit &amp; Veg (F&amp;V)</b>	2 shredded wheat pillows, 200ml whole milk, 50g Greek yogurt and 40g blueberries <b>355 kcal • 48.5g carbs • 7g fibre</b> <b>13g protein • 0.5 F&amp;V</b>	2 shredded wheat pillows, 200ml whole milk, 50g Greek yogurt and 40g blueberries <b>355 kcal • 48.5g carbs • 7g fibre</b> <b>13g protein • 0.5 F&amp;V</b>	Omelette – 2 eggs, 1 tomato, 40g spinach and 4 mushrooms cooked with 1.5 tsp olive oil <b>268 kcal • 2g carbs • 3g fibre</b> <b>13g protein • 2 F&amp;V</b>
<b>Snack</b>	2 x 80g satsuma (weight including skin) and 1 slice 30g malt loaf <b>136 kcal • 28g carbs • 3g fibre</b> <b>4g protein • 1 F&amp;V</b>	2 oatcakes, 30g peanut butter and 1 medium 140g orange <b>310 kcal • 24g carbs • 6g fibre</b> <b>10g protein • 1 F&amp;V</b>	2 x 80g satsuma (weight including skin) and 1 slice 30g malt loaf <b>136 kcal • 28g carbs • 3g fibre</b> <b>4g protein • 1 F&amp;V</b>	2 oatcakes and 30g peanut butter <b>272 kcal • 16g carbs • 4g fibre</b> <b>9g protein • 0 F&amp;V</b>
<b>Lunch</b>	Stuffed pitta – 1 wholemeal pitta, 2 tbsp houmous, 4 cherry tomatoes, 20g rocket, 65g coleslaw <b>373 kcal • 37g carbs • 6g fibre</b> <b>12g protein • 1 F&amp;V</b>	Sardines on toast – 100g sardines in tomato sauce, 2 medium slices wholemeal toast, 1 tsp veg-oil based spread and 4 cherry tomatoes <b>364 kcal • 32g carbs • 5g fibre</b> <b>26g protein • 1 F&amp;V</b>	<u>Chicken and soya bean salad</u> ● <b>390 kcal • 11.3g carbs • 7.6g fibre</b> <b>43.8g protein • 2 F&amp;V</b>	Ploughman's sandwich – 2 slices wholemeal bread, 25g cheddar cheese, 1 tsp pickle, 30g houmous, 1 tomato and 20g salad leaves <b>373 kcal • 39g carbs • 6g fibre</b> <b>14g protein • 0.5 F&amp;V</b>
<b>Snack</b>	2 crispbread, 2 tbsp houmous and 35g avocado <b>221 kcal • 18g carbs • 7g fibre</b> <b>5g protein • 0 F&amp;V</b>	125g Greek yogurt and 1 kiwi fruit <b>191 kcal • 11g carbs • 1g fibre</b> <b>8g protein • 0.5 F&amp;V</b>	2 crispbread, 2 tbsp houmous and 35g avocado <b>221 kcal • 18g carbs • 7g fibre</b> <b>5g protein • 0 F&amp;V</b>	2 x 80g satsuma (weight including skin), 2 crispbread with 1 tomato and 25g cheddar cheese <b>219 kcal • 26g carbs • 7g fibre</b> <b>10g protein • 1.5 F&amp;V</b>
<b>Dinner</b>	Meat Free Monday: <u>Mushroom ragu</u> with 105g cooked wholewheat spaghetti ● <b>330 kcal • 41.5g carbs • 12.2g fibre</b> <b>15.4g protein • 4 F&amp;V</b>	95g grilled chicken breast no skin, 40g cucumber, 80g cherry tomatoes, 20g salad leaves and 160g sweet potato mashed with 2 tsp veg-oil based spread <b>373 kcal • 36g carbs • 6g fibre</b> <b>32g protein • 2.5 F&amp;V</b>	<u>Fruity mince</u> served with 130g new potatoes and 80g broccoli ● <b>399 kcal • 53.8g carbs • 11.7g fibre</b> <b>23.8g protein • 5 F&amp;V</b>	<u>Bang bang chicken salad</u> (serves two, save second portion for lunch next day) ● <b>317 kcal • 24.6g carbs • 7.7g fibre</b> <b>29.7g protein • 3 F&amp;V</b>
<b>Pudding</b>	125g Greek yogurt with 40g blueberries <b>182 kcal • 10g carbs • 1g fibre</b> <b>7g protein • 0.5 F&amp;V</b>	3 squares dark chocolate and 40g raspberries <b>92 kcal • 12g carbs • 2g fibre</b> <b>2g protein • 0.5 F&amp;V</b>	125g Greek yogurt with 40g raspberries <b>176 kcal • 8g carbs • 1g fibre</b> <b>8g protein • 0.5 F&amp;V</b>	125g Greek yogurt with 40g raspberries <b>176 kcal • 8g carbs • 1g fibre</b> <b>8g protein • 0.5 F&amp;V</b>
<b>Milk</b>	225ml whole milk <b>142 kcal • 10.3g carbs • 0g fibre</b> <b>7.5g protein • 0 F&amp;V</b>	225ml whole milk <b>142 kcal • 10.3g carbs • 0g fibre</b> <b>7.5g protein • 0 F&amp;V</b>	225ml whole milk <b>142 kcal • 10.3g carbs • 0g fibre</b> <b>7.5g protein • 0 F&amp;V</b>	225ml whole milk <b>142 kcal • 10.3g carbs • 0g fibre</b> <b>7.5g protein • 0 F&amp;V</b>
<b>Totals</b>	<b>1712.9kcal • 189g carbs • 33.4g fibre</b> <b>61.9g protein • 7.5 F&amp;V</b>	<b>1826.5 kcal • 173.8g carbs • 27g fibre</b> <b>98.5g protein • 6 F&amp;V</b>	<b>1818.5 kcal • 177.9g carbs • 37.3g fibre</b> <b>105.1g protein • 9 F&amp;V</b>	<b>1767kcal • 125.9g carbs • 28.7g fibre</b> <b>91.2g protein • 7.5 F&amp;V</b>

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	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast</b>	Banana porridge – made with 27g oats, 150ml whole milk, 100ml water, 85g sliced banana and 10g flaked plain almonds <b>328.9 kcal • 44.2g carbs 4.2g fibre • 10.9g protein • 1 F&amp;V</b>	2 shredded wheat pillows, 200ml whole milk, 50g Greek yogurt and 40g blueberries <b>355 kcal • 48.5g carbs • 7g fibre 13g protein • 0.5 F&amp;V</b>	Omelette – 2 eggs, 1 tomato, 40g spinach and 4 mushrooms cooked with 1.5 tsp olive oil <b>268 kcal • 2g carbs • 3g fibre 13g protein • 2 F&amp;V</b>
<b>Snack</b>	2 x 80g satsuma (weight including skin), 2 crispbread with 1 tomato and 25g cheddar cheese <b>219 kcal • 26g carbs • 7g fibre 10g protein • 1.5 F&amp;V</b>	2 oatcakes and 30g peanut butter <b>272 kcal • 16g carbs • 4g fibre 9g protein • 0 F&amp;V</b>	2 x 80g satsuma (weight including skin), 2 crispbread with 1 tomato and 25g cheddar cheese <b>219 kcal • 26g carbs • 7g fibre 10g protein • 1.5 F&amp;V</b>
<b>Lunch</b>	Leftover <u>Bang bang chicken salad</u> ● <b>317 kcal • 24.6g carbs • 7.7g fibre 29.7g protein • 3 F&amp;V</b>	<u>Kale and green lentil soup</u> (freeze remaining), 1 wholemeal roll and 2 x 80g satsuma (weight including skin) ● <b>322 kcal • 52.7g carbs • 13.4g fibre 15.4g protein • 4 F&amp;V</b>	<u>Pasta in brodo</u> ● <b>463 kcal • 60.4g carbs • 15g fibre 15.8g protein • 4 F&amp;V</b>
<b>Snack</b>	3 squares dark chocolate and 40g raspberries <b>92 kcal • 12g carbs • 2g fibre 2g protein • 0.5 F&amp;V</b>	2 x 80g satsuma (weight including skin), 2 crispbread with 1 tomato and 25g cheddar cheese <b>219 kcal • 26g carbs • 7g fibre 10g protein • 1.5 F&amp;V</b>	125g Greek yogurt with 40g raspberries <b>176 kcal • 8g carbs • 1g fibre 8g protein • 0.5 F&amp;V</b>
<b>Dinner</b>	1 breaded fish fillet, 160g sweet potato baked chips with 1.5 tsp olive oil, 80g peas, 2 tbsp tartare sauce <b>606 kcal • 78g carbs • 12g fibre 20g protein • 2 F&amp;V</b>	<u>Chicken and lentil curry</u> ● <b>349 kcal • 36.2g carbs 6.6g fibre • 35.8g protein • 3 F&amp;V</b>	<u>Roast mackerel with a curried coriander crust</u> with 130g/4 baby new potatoes and 80g broccoli ● <b>398 kcal • 29.4g carbs • 8.2g fibre 30g protein • 1 F&amp;V</b>
<b>Pudding</b>	<u>Fruity chocolate tray bake</u> ● <b>93 kcal • 10.5g carbs • 0.9g fibre 1.1g protein • 0 F&amp;V</b>	<u>Warm exotic fruit salad</u> ● <b>112 kcal • 24.2g carbs 3.9g fibre • 0.9g protein • 2 F&amp;V</b>	<u>Apple, blackberry, oat and seed crumble</u> ● <b>194 kcal • 31.8g carbs • 5.2g fibre 5.8g protein • 1 F&amp;V</b>
<b>Milk</b>	225ml whole milk <b>142 kcal • 10.3g carbs • 0g fibre 7.5g protein • 0 F&amp;V</b>	225ml whole milk <b>142 kcal • 10.3g carbs • 0g fibre 7.5g protein • 0 F&amp;V</b>	225ml whole milk <b>142 kcal • 10.3g carbs • 0g fibre 7.5g protein • 0 F&amp;V</b>
<b>Totals</b>	<b>1797.9 kcal • 205.6g carbs • 33.7g fibre 80.6g protein • 8 F&amp;V</b>	<b>1770 kcal • 213.9g carbs • 41.9g fibre 91.6g protein • 11 F&amp;V</b>	<b>1860 kcal • 167.9g carbs • 39.4g fibre 90.1g protein • 11 F&amp;V</b>

## SHOPPING LIST

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