

# A TYPICAL WORKDAY'S WORTH OF NUTRITIOUS MEALS AND SNACKS



## 7AM BREAKFAST

Prepare oats, seeds and peanut butter with skim milk, and set it in the fridge overnight. Top with some fresh fruit in the morning.



## 10AM MORNING TEA

Skim milk coffee and hummus with vege sticks.

## 12PM LUNCH

Tuna, rice and vege bowl.  
Throw together tinned tuna, rice, canned or frozen veges, and top with olive oil and avocado for a well-balanced, colourful lunch.



## 3PM AFTERNOON TEA



A handful of mixed, unsalted nuts with a piece of fruit.

## 6PM DINNER

Beef and vegetable slow-cooker stew with crusty wholemeal bread.



## 8PM EVENING SNACK



Small bowl of yoghurt and fruit with a square of dark chocolate.

Source: [Ward Nutrition](#)