

Snack and meal planner

	Carbohydrates	Protein	Calcium	Fruit	Vegetable	Drink
Monday						
Wholemeal bread sandwich (gf option) with sliced turkey, cheese and lettuce	✓	✓	✓		✓	
Home-made popcorn with cinnamon and honey	✓					
Dried apple rings	✓			✓		
Smoothie				✓		✓
Tuesday						
Wholemeal bread sandwich (gf option) with tuna and sweetcorn mayonnaise	✓	✓		✓		
Carrot batons					✓	
Tinned peaches/pineapple and natural yoghurt			✓	✓		
Bottle of water						✓
Wednesday						
Filled pitta (gf option) with chicken and sweetcorn	✓	✓			✓	
Trail mix – dry low-sugar cereal, seeds (if allowed) and dried fruit such as raisins	✓		✓	✓		
Banana				✓		
Bottle of water						✓
Thursday						
Wholemeal bread sandwich (gf option) with egg and cress mayonnaise, plus cucumber slices	✓	✓			✓	
Yoghurt with berries and honey		✓	✓	✓		
Bottle of water						✓
Friday						
“Bento” lunch – crackers, cheese, cucumber, carrot, root vegetable crisps, berries – all in little pots or a bento-style lunchbox	✓	✓	✓	✓	✓	
Flapjack or malt loaf	✓					
Smoothie				✓		✓

**Substitutions:**

- Gluten-free bread
- In place of dairy yoghurt and cheese, can use lactose free if lactose intolerance or dairy-free versions, providing they're fortified with calcium. To make up for protein, add meat/fish/egg sandwich filling or pulse-based snacks, e.g. crispy chickpeas
- If egg-free, use plain yoghurt in place of mayonnaise (or egg-free mayonnaise) and replace eggs with other protein source

If you're struggling for ideas:**Meal/snack carbohydrates:**

- Filled pitta pockets
- Baked pitta chips
- Crackers
- Popcorn
- Root vegetable crisps
- A sandwich

Meal/snack proteins:

- Cold cooked meats such as chicken, turkey, thinly sliced beef
- Cheese, including cream cheese, cottage cheese and hard cheeses
- Eggs, which can be boiled or made into savoury slices or frittata
- Seeds
- Pulses such as chickpeas, beans, or lentils

Meal/snack calcium:

- Yoghurt
- Green vegetables, including spinach, broccoli, lettuce and kale chips
- Seeds, which could be included in trail mix or flapjacks
- Milk

Meal/snack vegetables:

- Cold chopped vegetables such as carrots, peppers, cucumber and sugar snap peas
- Olives
- Vegetable crisps
- Vegetable-based dips

Meal/snack fruits:

- Fresh fruits such as apple, pear or banana
- Berries, which can be fresh or frozen
- Dried fruit
- Smoothie
- Fruit salad

Meal/snack drink:

- Ideally water or watered down juice
- Smoothies
- Milkshakes (sweetened naturally)

