



7 Day Meal Ideas

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Fruity Porridge	Scrambled Eggs on Toast	Overnight Oats	Banana Oat Smoothie	Berry Smoothie with Toast	Banana Pancakes	Healthy Grill
Yoghurt and Fruit	Fruit Crumble	Nuts and Berries	Hummus and Veg	Sweetcorn Fritters	Rice Cakes and Hummus	Banana and Latte
Chicken Salad	Chicken Pitta	Soup and Brown Bread	Quinoa and Vegetable Salad	Chicken Bagel	Soup and Brown Bread	Chicken Pitta
Rice Cakes, Peanut Butter and Banana	Yoghurt and Fruit	Rice Cakes and Hummus	Sweetcorn Fritters	Yoghurt and Fruit	Fruit and Nuts	Rice Cakes, Peanut Butter and Banana
Cajun Salmon, Potato and Veg	Mixed Bean Stew	Pitta Pizza	Chicken Stir Fry	Indian Curry Fakeaway	Cheese Omelette and Salad	Veggie Burgers

For all the recipes and more tips and advice check out our Facebook Page. Follow us during the week on our Instagram, Twitter and Snapchat to see more behind the scenes, tips, recipes, cooking guides etc. Also share your creations using the hashtag #UCDFood and be in with a chance of winning a prizes!



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