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# 6 Weeks Menu Inspiration

**Exclusive to the Food Lovers Dietitian  
Coaching Program**

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## **My Gift to Inspire You**

As a special gift to you who are in my Food Lovers Dietitian Coaching Program, I've put together these meal and snack ideas to inspire and encourage you on your own food loving journey to find your healthy weight.

These ideas show you how to use the [Food Lovers Dietitian Meal Planner](#) and the [Food Lovers Dietitian Meal Planning Checklist](#) to plan meals and snacks that fit your own food loves.



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This Six Weeks of Meal Planning Inspiration and the [Food Lovers Dietitian Meal Planning Checklist](#) are both member only tools just for you in the Food Lovers Dietitian Coaching Program.

Save this pdf to your device and keep it handy.

I've decided to cover a pattern of three meals and three snacks a day, planning for just a little extra milk to go with tea and coffee (60ml or 1/4 cup). This amount of milk would be enough for a skim piccolo coffee or 2-3 cups of tea or brewed or instant coffee with a small amount of milk added.

If you prefer fewer snacks and larger meals, just add the snacks to the meals or increase the serving size of meal foods.

I've keep the ideas easy and simple to prepare and tried to show you how the same idea can be varied by just changing the ingredients, but keeping the basic pattern the same.

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I've also showed you how some ideas can be useful for meals or snacks, lunch or dinner.

We will be delving into the details of each day in the [Food Lovers Dietitian Exclusive Coaching Facebook Group](#) so do jump in and ask questions and share ideas.

I look forward to hearing how your meal planning is going and what else you might need along the way.

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## Day 1



**Breakfast** Porridge with Yogurt and Fruit

**Morning Snack** Old fashioned Flummery with Fruit

**Lunch** Sliced Chicken Breast Over Salad with Chickpeas

**Afternoon Snack** Red-Wine Poached Pear and Cheesecake Cream Toast

**Dinner** Kerala Fish Curry with Kachumber Salad, Pappadoms and Raita

**Evening Snack/Dessert** Glamour Fruit with Cheesecake Cream



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## Day 2



**Breakfast Toasted Muesli Topped Fruit and Cheesecake Cream Toast**

**Morning Snack 2/3 cup low sugar, low fat Yogurt**

**Lunch Warm Prawn and Chickpea Salad**

**Afternoon Snack Waffle topped with Fruits and Cheesecake Cream**

**Dinner Middle Eastern Stuffed Eggplant**

**Evening Snack/Dessert Poached Pear and Cheesecake Cream**

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## Day 3



**Breakfast** Cereal topped with Fruits and Yogurt

**Morning Snack** Skim Cappucino

**Lunch** Smoked Salmon and Lettuce Grain Sandwich with Mayo

**Afternoon Snack** Cheese and Pineapple Toasted Sandwich

**Dinner** Roasted Cauliflower and Pomegranate Salad with Chickpeas, Yogurt and Tahini Dressing

**Evening Snack/Dessert** Chocolate Yogurt with Berries

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## Day 4



**Breakfast Comfort Food Baked Beans (1/3 cup) on Grain Toast**

**Morning Snack Fresh Fruit Salad**

**Lunch Asparagus with Butter Bean Skordalia**

**Afternoon Snack Fresh Fruits with Cheesecake Cream**

**Dinner Lamb Kofta and Chickpeas with Salad**

**Evening Snack/Dessert Small tub low sugar low fat Yogurt**



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## Day 5



**Breakfast Brekkie Parfait**

**Morning Snack Chocolate yogurt with fruits**

**Lunch Smoked Salmon and Salad Wrap**

**Afternoon Snack Fruit trifle Deconstructed**

**Dinner Warm Kangaroo Salad with Butter Bean Skordalia**

**Evening Snack/Dessert Eton Mess Make-over**

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## Day 6



**Breakfast Indian Styled Poached Egg with Pappadoms and Salsa**

**Morning Snack Chocolate Yogurt with Fruits**

**Lunch Open Lasagna**

**Afternoon Snack Fresh Fruit (1 cup)**

**Dinner Salad with Casserole (2/3 cup) and 1/2 cup rice**

**Evening Snack/Dessert Red Wine Poached Pear Half with Cheesecake Cream**

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## Day 7



**Breakfast** [Pear Poached in Red Wine with Cheesecake Cream](#)

**Morning Snack** **Rice Cakes Topped with Tomato**

**Lunch** [Poached Egg with Avocado, Mushrooms, Tomatoes and Toast](#)

**Afternoon Snack** [Waffle topped with Fruits and Cheesecake Cream](#)

**Dinner** [Katthi Roll](#)

**Evening Snack/Dessert** **Fresh Seasonal Fruit (1 cup) with [Cheesecake Cream](#) (1/4 cup)**

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## Day 8



**Breakfast Bircher Muesli topped with Fruit and Yogurt**

**Morning Snack Skim Cappuccino**

**Lunch Open Chicken, Mango and Chicken Sandwich**

**Afternoon Snack Toasted Muesli Topped Fruit and Cheesecake Cream Toast**

**Dinner Oven Baked Fish with Tahini Yogurt and Steamed Seasonal Veggies**

**Evening Snack/Dessert Summer Fruits and Yogurt**



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## Day 9



**Breakfast Cherry Cheesecake Cream Toast**

**Morning Snack Half a large Banana**

**Lunch Thai Coconut Broccoli Soup with Veg, Chickpeas and Yogurt**

**Afternoon Snack Small tub low sugar low fat Yogurt**

**Dinner Salad with Chickpeas and Tahini Dressing**

**Evening Snack/Dessert Red Wine Poached Pear Half with Cheesecake Cream**



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## Day 10



**Breakfast** Cereal topped with Fruit and Yogurt

**Morning Snack** Chocolate Yogurt with Fruits

**Lunch** Classic Baked Beans on Toast

**Afternoon Snack** Watermelon, Mint and Feta Salad

**Dinner** Sliced Grilled Marinated Chicken with Salad

**Evening Snack/Dessert** Old fashioned Flummery with Fruit

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## Day 11



**Breakfast Red-Wine Poached Pear and Cheesecake Cream Toast**

**Morning Snack Low sugar, low fat Yogurt (2/3 cup)**

**Lunch Middle Eastern Stuffed Eggplant**

**Afternoon Snack Grain Toast with Cheesecake Cream and Fruits**

**Dinner 'Fried Egg' with Steamed Seasonal Vegetables**

**Evening Snack/Dessert Half a Mango**

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## Day 12



**Breakfast** Toasted Crumpet with Baby Spinach, Tomato and Cheese

**Morning Snack** **Fresh Medium Apple**

**Lunch** Chicken Sliced Over Salad

**Afternoon Snack** Fruit and Cheesecake Cream Topped Toast

**Dinner** Oven baked fish with Tahini Yogurt Dressing Salad Leaves and Roasted Veg

**Evening Snack/Dessert** Chocolate Yogurt with Fruits

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## Day 13



**Breakfast Poached Egg with Asparagus, Tomato and Yogurt Sauce**

**Morning Snack Fresh Rockmelon**

**Lunch Grain Sandwich with Pesto, Feta, Beetroot, Pumpkin and Baby Spinach**

**Afternoon Snack Fresh Fruits with Cheesecake Cream**

**Dinner Roasted Vegetables with Chickpeas and Pan-fried Chicken Breast**

**Evening Snack/Dessert Old fashioned Flummery with Fruit**



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## Day 14



**Breakfast** Waffle topped with Fruits and Cheesecake Cream

**Morning Snack** Chocolate Yogurt with Fruits

**Lunch** One Egg Omelette with Salad and Chickpeas

**Afternoon Snack** Grain Toast topped with Smooth Ricotta and Fruits

**Dinner** Thai Coconut Broccoli Soup with Veg, Chickpeas and Yogurt

**Evening Snack/Dessert** Chocolate yogurt with berries



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## Day 15



**Breakfast** Porridge with yogurt and fruit

**Morning Snack** Fruit trifle Deconstructed

**Lunch** Home-made Hummus and Salad  
Open Sandwich

**Afternoon Snack** Toasted Muesli Topped  
Fruit and Cheesecake Cream Toast

**Dinner** **Lean Steak on Sweet Potato Mash**  
**with Seasonal Vegetables**

**Evening Snack/Dessert** Red Wine Poached  
Pear Half with Cheesecake Cream

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## Day 16



**Breakfast** [Grain Toast with Cheesecake Cream and Fruits](#)

**Morning Snack** Skim Cappuccino

**Lunch** [Katthi Roll](#)

**Afternoon Snack** Fresh Fruit (1/2 cup) and Yogurt (1/3 cup)

**Dinner** [Poached Egg on ~What-cha-got" Salad](#)

**Evening Snack/Dessert** Fresh Fruits with [Cheesecake Cream](#)

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## Day 17



**Breakfast** Cereal with topped with fruit and yogurt

**Morning Snack** Skim Piccolo Latte

**Lunch** Lamb Kofta and Salad Sandwich

**Afternoon Snack** Watermelon, Mint and Feta Salad

**Dinner** Tuna Pasta with Salad

**Evening Snack/Dessert** Red Wine Poached Pear Half with Cheesecake Cream

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## Day 18



**Breakfast** Chocolate Yogurt with Berries

**Morning Snack** Toasted Crumpet with Baby Spinach, Tomato and Cheese

**Lunch** Tuna and Tomato Toast with Thai Curried Broccoli and Vegetable Soup

**Afternoon Snack** Cherry Cheesecake Cream Toast

**Dinner** Warm Main Dish served over Salad

**Evening Snack/Dessert** Champagne Glass Trifle

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## Day 19



**Breakfast** [Fruit and Cheesecake Cream topped toast](#)

**Morning Snack**  $2/3$  cup low sugar, low fat **Yogurt**

**Lunch** [Asian Inspired Chicken and Vegetable Hot Pot](#)

**Afternoon Snack** [Chocolate Yogurt with Berries](#)

**Dinner** [Oven baked Fish with Chickpea, Asparagus Salad](#)

**Evening Snack/Dessert** [Fruit trifle Deconstructed](#)



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## Day 20



**Breakfast Poached Egg, Salsa, Waffle, Asparagus and Tomato with Yogurt**

**Morning Snack Two Fresh Mandarins**

**Lunch Open Classic Cucumber Sandwiches**

**Afternoon Snack A Small Tub Low Sugar, Low Fat Yogurt**

**Dinner Oven baked Chicken breast marinated red curry paste and yogurt**

**Evening Snack/Dessert Half a Mango**

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## Day 21



**Breakfast Brekkie Parfait**

**Morning Snack Old fashioned Flummery with Fruit**

**Lunch Zucchini Spaghetti Bolognese**

**Afternoon Snack Toast Topped with Yogurt and Fruits**

**Dinner Chicken, Mango and Chicken Sandwich**

**Evening Snack/Dessert Chocolate Yogurt with Berries**

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## Day 22



**Breakfast Bircher Muesli topped with Fruit and Yogurt**

**Morning Snack Fruit trifle Deconstructed**

**Lunch Salad with Chickpeas and Tahini Dressing**

**Afternoon Snack Cheesecake Cream on Toast with Fruits**

**Dinner Kofta Meatballs, Quinoa, Chickpea, Parsley and Lemon side with Salad**

**Evening Snack/Dessert Champagne Glass Trifle**

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## Day 23



**Breakfast Toast Topped with Yogurt and Fruits**

**Morning Snack Fruit (1/2 cup) and Yogurt (1/3 cup)**

**Lunch Leftover Casserole/Curry (2/3 cup), 1/2 cup cooked Rice, Salad**

**Afternoon Snack Eton Mess Make-over**

**Dinner Smoked Ham Abundance bowl**

**Evening Snack/Dessert Chocolate yogurt with fruits**



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## Day 24



**Breakfast** Cereal and Yogurt Bowl with Fruit

**Morning Snack** Glamour Fruit with Cheesecake Cream

**Lunch** Curried Egg and Lettuce Sandwich

**Afternoon Snack** Watermelon, Mint and Feta Salad

**Dinner** Salad filled Lean Burger

**Evening Snack/Dessert** Summer Fruits and Yogurt



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## Day 25



**Breakfast** Grain toast topped with smooth ricotta and fruits

**Morning Snack** Old fashioned Flummery with Fruit

**Lunch** Kerala Fish or Sweet Potato and Chickpea Salad

**Afternoon Snack** Chocolate yogurt with berries

**Dinner** One Egg Omelette with Salad and Chickpeas

**Evening Snack/Dessert** Fruit and Yogurt Topped Pancake

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## Day 26



**Breakfast** Salad filled, Cheese and Pineapple Toastie

**Morning Snack** Old fashioned Flummery with Fruit

**Lunch** Warm Beef Casserole with Salad

**Afternoon Snack** Toasted Muesli Topped Fruit and Cheesecake Cream Toast

**Dinner** Poached Egg on "What-cha-got" Salad

**Evening Snack/Dessert** Eton Mess Make-over

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## Day 27



**Breakfast** Baked Beans (1/2 cup)  
Asparagus and Poached Egg

**Morning Snack** **Fresh Apple**

**Lunch** Roasted Cauliflower and  
Pomegranate Salad with Chickpeas, Yogurt  
and Tahini Dressing

**Afternoon Snack** Chocolate & Strawberry  
Toast

**Dinner** Warm pan-fried Prawns and Salad

**Evening Snack/Dessert** **Small tub low**  
**sugar low fat Yogurt**

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## Day 28



**Breakfast Fruit and Yogurt Topped Pancake**

**Morning Snack Champagne Glass Trifle**

**Lunch Smoked Ham Abundance bowl**

**Afternoon Snack Salad filled, Cheese and Pineapple Toastie**

**Dinner 'Fried Egg' and Salad**

**Evening Snack/Dessert **Fruit (1/2 cup) and Yogurt (1/3 cup)****

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## Day 29



**Breakfast** Porridge with yogurt and fruit

**Morning Snack** Skim cappuccino

**Lunch** Grain Toast with Beetroot Dill  
Yogurt Dip and Salad

**Afternoon Snack** Cherry Cheesecake Cream  
Toast

**Dinner** Open Lasagna

**Evening Snack/Dessert** Half a mango



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## Day 30



**Breakfast** Toasted Muesli Topped Fruit and Cheesecake Cream Toast

**Morning Snack** Chocolate yogurt with fruits

**Lunch** Oven baked fish with Tahini Yogurt Dressing Salad Leaves and Roasted Veg

**Afternoon Snack** Cheesecake Cream on Toast with Fruits

**Dinner** Tuna and Tomato Toast with Thai Curried Broccoli and Vegetable Soup

**Evening Snack/Dessert** Red Wine Poached Pear Half with Cheesecake Cream

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## Day 31



**Breakfast Brekkie Parfait to GO**

**Morning Snack Fresh Kiwi Fruit**

**Lunch Egg and Salad Grain Sandwich**

**Afternoon Snack Small tub low sugar low fat Yogurt**

**Dinner Pan-fried Prawns and Salad**

**Evening Snack/Dessert Fruit trifle  
Deconstructed**

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## Day 32



**Breakfast** Cereal with Topped with Fruit and Yogurt

**Morning Snack** Skim Piccolo Latte

**Lunch** Katthi Roll

**Afternoon Snack** Watermelon, Mint and Feta Salad

**Dinner** Lean Beef and Prawns with Chickpea Mash, Salad

**Evening Snack/Dessert** Pear Poached in Red Wine with Cheesecake Cream

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## Day 33



**Breakfast** [Cheesecake Cream on Toast with Fruit](#)

**Morning Snack** [Chocolate yogurt with berries](#)

**Lunch** [Lamb Kofta and Chickpeas with Salad](#)

**Afternoon Snack** [Grain Toast with Cheesecake Cream and Fruits](#)

**Dinner** [Zucchini Spagetti Bolognese](#)

**Evening Snack/Dessert** [Old fashioned Flummery with Fruit](#)



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## Day 34



**Breakfast** Poached egg with avocado, mushrooms, tomatoes and toast

**Morning Snack** Poached Pear with Cheesecake Cream

**Lunch** Salad with Feta and Chickpeas

**Afternoon Snack** Waffle topped with Fruits and Cheesecake Cream

**Dinner** Asian Inspired Chicken and Vegetable Hot Pot

**Evening Snack/Dessert** Eton Mess Make-over



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## Day 35



**Breakfast** **Fresh Seasonal Fruit (1 cup)**  
**with Cheesecake Cream (1/4 cup)**

**Morning Snack** **Grain Toast with Thin**  
**Spread Peanut Butter**

**Lunch** **Salad filled Lean Burger**

**Afternoon Snack** **Summer Fruits and**  
**Yogurt**

**Dinner** **Poached Egg, Salsa, Waffle,**  
**Asparagus and Tomato with Yogurt**

**Evening Snack/Dessert** **Old fashioned**  
**Flummery with Fruit**

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## Day 36



**Breakfast** Porridge with yogurt and fruit

**Morning Snack** Chocolate yogurt with berries

**Lunch** Sliced Tandoori Chicken on Salad

**Afternoon Snack** Red-Wine Poached Pear and Cheesecake Cream Toast

**Dinner** Lean Beef with Chickpea Mash, Salad

**Evening Snack/Dessert** Fruit trifle Deconstructed

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## Day 37



**Breakfast** [Chocolate & Strawberry Toast](#)

**Morning Snack** [Fresh Seasonal Fruit \(1 cup\) with Cheesecake Cream \(1/4 cup\)](#)

**Lunch** [Leftover Salad on Open Grain Sandwich with Dip and Boiled Egg](#)

**Afternoon Snack** [Toasted Muesli Topped Fruit and Cheesecake Cream Toast](#)

**Dinner** [Oven Baked Soy Marinated Chicken Breast](#)

**Evening Snack/Dessert** [Chocolate yogurt with fruits](#)

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## Day 38



**Breakfast** Cereal and Yogurt Bowl with Fruit

**Morning Snack** Chocolate yogurt with berries

**Lunch** Tuna and Tomato Toast

**Afternoon Snack** Grain toast topped with smooth ricotta and fruits

**Dinner** Warm Kangaroo Salad with Butter Bean Skordalia

**Evening Snack/Dessert** Glamour Fruit with Cheesecake Cream



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## Day 39



**Breakfast** English Muffin topped with Lean Bacon, Lettuce and Tomato

**Morning Snack** Slice of Rockmelon

**Lunch** Poached Egg on "What-cha-got" Salad

Poached Egg on "What-cha-got" Salad

**Afternoon Snack** Toast Topped with Yogurt and Fruits

**Dinner** Smoked Salmon Abundance Bowl

**Evening Snack/Dessert** Chocolate yogurt with berries



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## Day 40



**Breakfast** Cereal and Yogurt Bowl with Fruit

**Morning Snack** Skim Piccolo Coffee

**Lunch** Grainy Open Sandwich with Pesto, Beetroot, Feta and Almonds

**Afternoon Snack** Fruit and Yogurt Topped Pancake

**Dinner** Classic Baked Beans on Grain Toast

**Evening Snack/Dessert** Old fashioned Flummery with Fruit

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## Day 41



**Breakfast** English Muffin with Poached Egg, Tomato, Baby Spinach

**Morning Snack** Fresh Strawberries

**Lunch** Tuna and Lettuce Sandwich

**Afternoon Snack** Chocolate yogurt with fruits

**Dinner** Open Lasagna

**Evening Snack/Dessert** Summer Fruits and Yogurt

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## Day 42



**Breakfast Sweet Corn Fritters**

**Morning Snack Fresh Pear**

**Lunch Smoked Salmon Abundance Bowl**

**Afternoon Snack Fruit and Cheesecake  
Cream Topped Toast**

**Dinner Roasted Vegetables and **'Fried' Egg****

**Evening Snack/Dessert Old fashioned  
Flummery with Fruit and topped with  
Cheesecake Cream**