
6 Weeks Menu Inspiration

Exclusive to the Food Lovers Dietitian



Food Lovers Dietitian

My Gift to Inspire You

As a special gift to you, from 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.



This Six Weeks of Meal Planning Inspiration and the [Food Lovers Dietitian Meal Planning Checklist](#) are the tools you need to follow the Food Lovers Dietitian approach.

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 kept 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.

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

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

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

Day 3



Breakfast Cereal topped with Fruits and Yogurt

Morning Snack Skim Cappuccino

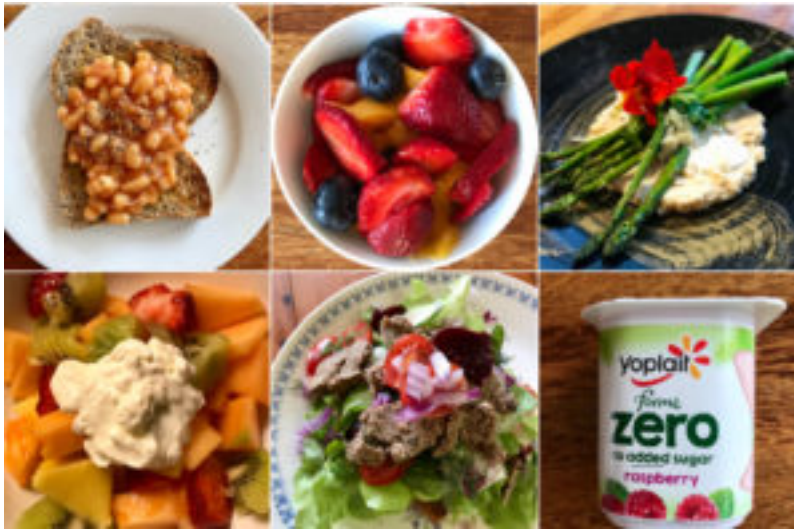
Lunch Smoked Salmon and Lettuce Grain Sandwich with Mayo

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

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

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

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

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)

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

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

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

Day 11



Breakfast [Red-Wine Poached Pear and Cheesecake Cream Toast](#)

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

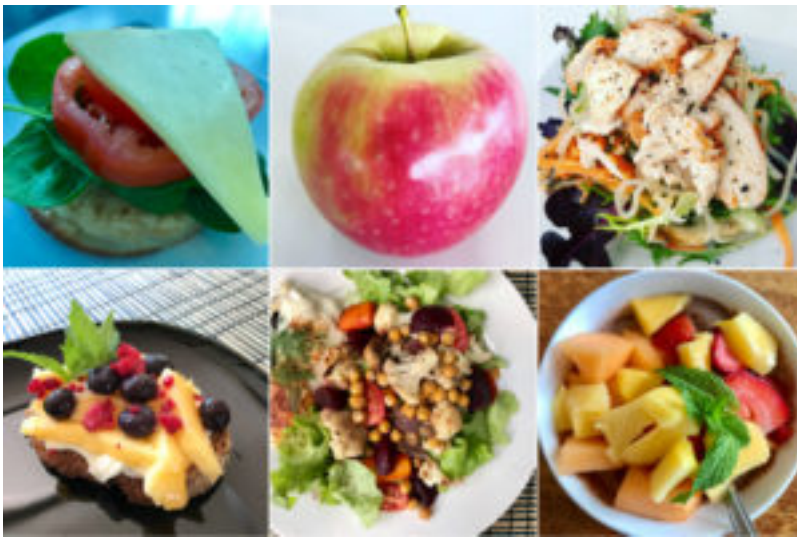
Lunch [Middle Eastern Stuffed Eggplant](#)

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

Dinner 'Fried Egg' with Steamed Seasonal Vegetables

Evening Snack/Dessert Half a Mango

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

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

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

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

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

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

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

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

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

Day 21



Breakfast Brekkie Parfait

Morning Snack Old fashioned Flummery with Fruit

Lunch Zucchini Spaghetti Bolognaise

Afternoon Snack Toast Topped with Yogurt and Fruits

Dinner Chicken, Mango and Chicken Sandwich

Evening Snack/Dessert Chocolate Yogurt with Berries

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

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**

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

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

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

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

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)

Day 29



Breakfast Porridge with yogurt and fruit

Morning Snack Skim cappuccino

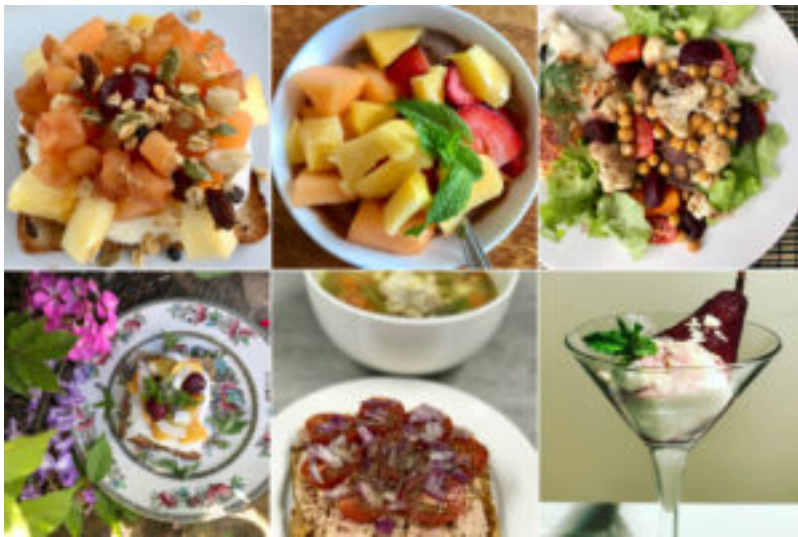
Lunch Grain Toast with Beetroot Dill
Yogurt Dip and Salad

Afternoon Snack Cherry Cheesecake Cream
Toast

Dinner Open Lasagna

Evening Snack/Dessert Half a mango

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

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

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

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](#)

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

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**

Day 36



Breakfast Porridge with yogurt and fruit

Morning Snack Chocolate yogurt with berries

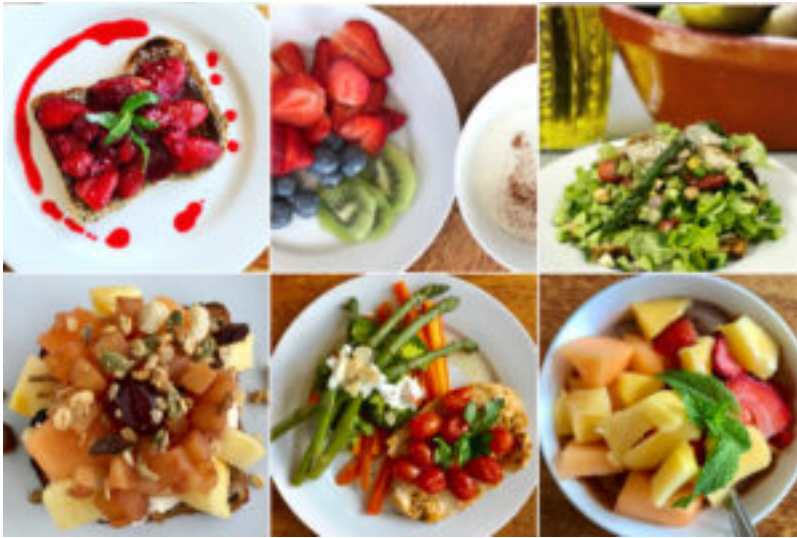
Lunch Sliced Tandoori Chicken on Salad

Afternoon Snack Red-Wine Poached Pear and Cheesecake Cream Toast

Dinner Lean Beef with Chickpea Mash, Salad

Evening Snack/Dessert Fruit trifle
Deconstructed

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

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

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

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

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

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](#)