

# Meal Planner

FOR TESTOSTERONE

- MON** **Breakfast:** Scrambled eggs on toast  
**Lunch:** Turkey and avocado wrap  
**Dinner:** Tuna steak with rice, kale and broccoli
- TUE** **Breakfast:** Yoghurt with banana and mixed nuts  
**Lunch:** Kidney beans and cheese on toast  
**Dinner:** Chicken with Mediterranean vegetables and new potatoes
- WED** **Breakfast:** Smashed avocado on toast  
**Lunch:** Chicken with Mediterranean vegetables and new potatoes  
**Dinner:** Beef and green beans with noodles
- THU** **Breakfast:** Avocado, eggs, spinach and smoked salmon  
**Lunch:** Beef and green beans with noodles  
**Dinner:** Cod, chickpea and tomato stew
- FRI** **Breakfast:** Yoghurt with banana and mixed nuts  
**Lunch:** Kidney beans, cheese and avocado wrap  
**Dinner:** Grilled salmon with rice and cabbage
- SAT** **Breakfast:** Boiled eggs and toast  
**Lunch:** Chicken, avocado and spinach wrap  
**Dinner:** Steak with sweet potatoes and broccoli
- SUN** **Breakfast:** Avocado, eggs, spinach and smoked salmon  
**Lunch:** Kidney bean and beef chilli with cheese  
**Dinner:** Chicken with root vegetables and potato stew