



7-Day Meal Plan

Try this 7-day meal plan, or use it as a guide, to help manage your cholesterol while enjoying delicious, nutritious meals and snacks.

- ✓ Average 2000kcal a day*
- ✓ At least 5-a-day
- ✓ Low in saturated fat
- ✓ Great source of fibre
- ✓ Keeps your salt intake down
- ✓ Your daily cholesterol-lowering dose of plant stanols**



Highlighted recipes can be found in our tasty recipes online: <https://benecol.co.uk/recipes/>

	Day 1	Day 2	Day 3	Day 4
Breakfast	Peanut (or other nut) butter and banana on toast: 2 slices wholemeal toast topped with 2 tbsp peanut butter and 1 sliced banana. Plus 1 bottle of Benecol Raspberry Yogurt Drink .	Fruit, nut and oat breakfast bowl: Fruit salad with 1 satsuma (segmented), 1 chopped apple, and 1 slice cantaloupe melon, topped with 150g low-fat plain yogurt, 4 tbsp toasted oats, and 30g mixed nuts.	Banana branflakes: 6 tbsp branflakes with semi-skimmed milk and 1 sliced banana. Plus 1 pot Benecol Strawberry Yogurt .	Yogurt parfait: 1 serving of our Yogurt Parfait . Plus 1 cappuccino with 200ml unsweetened fortified soya drink or low-fat milk.
Lunch	Tuna and sweetcorn jacket potato: 1 large jacket potato topped with 1 small can tuna in water (drained) mixed with 3 tbsp sweetcorn, 3 sliced spring onions, 1 tbsp light mayo, lemon juice and zest, and black pepper. Serve with salad.	Lentil soup and roll: 1 serving of Red Lentil Dhal Soup with 1 large wholemeal roll topped with 2 tsp Benecol Light Spread . Plus 2 handfuls of grapes.	Chicken pasta, pesto, and sweetcorn salad: Salad made from 200g cooked wholewheat pasta, 1 small cooked skinless chicken breast (sliced), 1 chopped tomato, 1/2 thinly sliced red onion, 3 tbsp sweetcorn, and 2 tbsp red or green pesto.	Italian sardines on toast: 2 thick slices wholemeal toast rubbed with garlic and topped with 2 sliced tomatoes, 120g can sardines in olive oil (drained), 1/2 sliced red onion, lemon zest, and basil, drizzled with 2 tsp of the oil from the can. Plus 1 satsuma.
Dinner	Roasted Mediterranean veg with couscous: Chop and roast cherry tomatoes, 1/2 red onion, 1/2 red and green pepper, 1/2 courgette, 1/2 small aubergine, and garlic with 1 tbsp olive oil. Mix with 200g prepared couscous (made with reduced-salt veg stock), 1/2 large can chickpeas (drained), lemon zest and juice, fresh herbs, and black pepper.	Beef and barley stew: Slow-cooked 120g lean beef, 50g pearl barley, sliced carrot, leek, onion, crushed garlic, black pepper, and a bay leaf in reduced-salt stock. Served with 220g mashed potatoes and steamed green beans.	Tofu/Quorn, vegetable, and cashew nut stir-fry: Fried 150g tofu or Quorn chunks with crushed garlic, grated fresh ginger, finely chopped chilli, and 1/2 pack stir-fry veg. Add wholewheat noodles, 2 tsp reduced-salt soy sauce, and 2 tbsp toasted unsalted cashew nuts.	Veggie chilli: Fried onion, red and green pepper, crushed garlic, and finely chopped chilli with 150g meat-free mince, kidney beans, chopped tomatoes, tomato purée, and reduced-salt vegetable stock. Simmer and serve with brown rice.
Snacks	Avo oatcakes: 3 oatcakes topped with 1/2 avocado.	Cheese and crackers: 4 rye crackers with 100g reduced-fat cottage cheese, 1 tomato, and sliced cucumber. Plus a latte made with 200ml unsweetened fortified soya drink or low-fat milk.	Tzatziki with pitta and peppers: Tzatziki made from 150g low-fat plain yogurt, crushed garlic, lemon juice, grated cucumber, and chopped mint. Served with 1/2 sliced red pepper and 1 wholemeal pitta.	Jam scone: 1 fruit scone with 2 tsp Benecol Light Spread and 2 tsp reduced sugar jam. Plus 2 handfuls of raspberries.

Stay hydrated. Drink 6 to 8 cups or glasses a day. Water, unsweetened herbal and fruit infusions, tea/coffee with lower fat milk, or 'no-added sugar' or 'sugar-free' drinks all count.

