

**SUPPORT YOUR
HEALTH
AND REDUCE YOUR
RISK WITH DIET**

**5 Day meal
plans**

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ProfBiotics®
EVIDENCE BASED



MEAL PLANS

Breast Health

Although there is no such a thing as a 'superfood' our Dietitian suggests we can follow a 'super diet'. These recommendations have been researched and our findings translated into meals that include key compounds thought to support breast health.

ProfBiotics advocates that everyone tries to obtain essential nutritional value from whole foods.

Example Meal Plans

Diet is known to contribute to the risk of developing some diseases. The ProfBiotics team has prepared a set of meal plans which might help to reduce those risks and may be of interest to individuals with a concern about their breast health.

There are many reasons that we should take breast health seriously and many factors that are shown to impact long term health: lifestyle factors such as how much alcohol we drink and the foods that make up our diet.

We are what we eat. Eat well.



The ProfBiotics meal plans are not to be considered as the whole solution to achieving breast health.

Always consult a doctor if you have any symptoms that might suggest an underlying condition.

Early diagnosis of a health condition often offers a higher probability of success if treatment is necessary.

* Please visit www.profbiotics.com for more detail



An example Meal Plan - Day 2

Breakfast

An oat, banana and raisin flapjack

Strawberry smoothie made with a glass of semi-skimmed/skimmed milk and a handful of strawberries

Mid morning snack

Handful of edamame beans

Lunch

Jacket potato with salmon fillet (marinated in turmeric)
Served with an ½ avocado, ½ an orange, 1 celery stick and 3 chopped beetroots

Mid afternoon snack

A handful of cherry tomatoes

A glass of semi-skimmed/skimmed milk

Evening Meal

Chicken and leek bake

1 Chicken breast baked with 1 leek, in a white sauce, served with 1 cup of baked butternut squash cubes, and a cup of asparagus, on a portion of couscous, Top with ½ a lime to squeeze and chopped parsley

A small cup of fresh mango sorbet

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An example Meal Plan - Day 3

Breakfast

A wholegrain bagel topped with 1 tsp low fat cream cheese and a sprinkle of blueberries

Mid morning snack

A large slice of cantaloupe melon

Lunch

A small wholegrain baguette, spread with olive based margarine, filled with 2 thin slices of roast beef /pork or 1 sliced quorn sausage and served with a handful of watercress

Mid afternoon snack

A strawberry smoothie made from 1 large glass of skimmed or semi-skimmed milk, a handful of strawberries and a squeezed lime

Evening Meal

Spiced chicken and quinoa

A cup of quinoa, ½ chopped apple, 1 sprinkle of pine nuts and chilli flakes topped with a chicken breast marinated in turmeric

A baked orange with ginger and a drizzle of chocolate sauce

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An example Meal Plan - Day 4

Breakfast

A banana smoothie made with 1 glass of skimmed/
semi-skimmed milk and 1 banana

1 slice of wholemeal multigrain bread topped with
1 poached egg

Mid morning snack

1 chopped celery stick with ½ cup of guacamole

Lunch

A baked cod fillet with sliced baked sweet potato chips,
served with peas

A small glass of tomato Juice

Mid afternoon snack

A small drinking yoghurt

A small handful of almonds

Evening Meal

Mexican Bean and lamb stew

Half a lean diced lamb fillet with onions,
½ tin chopped tomatoes, ½ a yellow pepper,
a cup of black beans and butter beans.

Serve with a portion of brown rice, ½ tin of sweetcorn,
a tbs ricotta cheese, chopped coriander and tabasco
sauce

A portion of blackberry and nectarine crumble



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An example Meal Plan - Day 5

Breakfast

A bowl of crunchy oat cereal topped with a low fat yoghurt and a few strawberries

Mid morning snack

½ a sliced yellow pepper with
½ cup of low fat hummus

Lunch

Teriyaki tofu
Half a cup of tofu cooked in teriyaki sauce,
served with a handful of fresh beansprouts,
1 grated carrot
and a cup of sugar snap peas

Mid afternoon snack

Half a sliced papaya

A glass of soya milk

Evening Meal

A Roast chicken/turkey breast or 2 slices of lean red meat with ½ cup brussels sprouts, a cup of spring greens, ½ a cup of pumpkin and ½ cup of peas, served with gravy.

Two digestive biscuits

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