

# THE LEGGERA

## 5:2 MEAL PLAN

We have developed a meal plan that will allow you to eat a balanced range of dishes, for under 500 calories per day.

### BREAKFAST

Six strawberries topped with a small pot of fat-free fruit yoghurt  
(total 80 calories)

### LUNCH

The PizzaExpress Leggera Superfood Salad: baby spinach and seasonal mixed leaves, roasted butternut squash, beetroot, light baby mozzarella, avocado, pine kernels, cucumber, lentils and fresh basil finished with balsamic syrup  
(total 295 calories)

### DINNER

A small pack of mixed vegetables (such as beansprouts, red peppers, cabbage, carrot, red onion, bamboo shoots, water chestnuts) stir fried in a teaspoon of sunflower oil  
(total 125 calories)

**TOTAL INTAKE FOR  
THE DAY: 500**

