

# pre prep morning break.

## Week 1.

	monday	tuesday	wednesday	thursday	friday
snack	Apple	Cucumber sticks with mint yogurt	Bananas	Easy peelers	Watermelon
hydration	Semi skimmed milk	Semi skimmed milk	Semi skimmed milk	Semi skimmed milk	Semi skimmed milk

# pre prep morning break.

## Week 2.

	monday	tuesday	wednesday	thursday	friday
snack	Pears	Cantaloupe melon	Bananas	Carrots with humus dip	Honeydew melon
hydration	Semi skimmed milk	Semi skimmed milk	Semi skimmed milk	Semi skimmed milk	Semi skimmed milk