

My menu planner

Use this sheet to plan your meals for the week



Daily Checklist

Eat a variety of healthy foods each day.

- At least 3 servings of vegetables and 2 servings of fruit.
- At least six servings of breads and cereals. Choose wholegrain.
- At least 2 servings of milk and milk products. Choose reduced fat or low-fat options.
- At least one serving of lean meats, chicken, seafood, eggs, legumes, nuts or seeds.
- Keep a stash of healthy snacks at home or at work to stop you reaching for unhealthy options.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							

Drink plenty of fluids every day—make water your first choice and limit cordial, energy and soft drinks.

Meal planning is the secret to success. When we plan to be healthy we are more likely to stick to it. Rather than wander aimlessly through a supermarket or stopping for convenience food, having a set plan will keep you on track. It is also great for sticking to a budget.

My shopping list

Use this sheet to plan your shopping for the week

What meals am I planning?

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Sunday:



What ingredients do I need?

Fruit and vegetables:

Dairy, chilled and frozen:

Meat, chicken and fish:

Pantry:

Other:

Remember to buy fruits and vegetables that are in season and don't forget tinned or frozen vegetables are great options too!