

Meal Planner

| Day | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------------|--|---|--|---|--|---|--|
| BREAKFAST | 1-2 Weetabix with low fat fortified milk. Add some fruit like berries/banana/raisins for variety | A bowl of Shreddies with low fat fortified milk. Add some fruit like berries/banana/raisins for variety | A bowl of Ready Brek with a teaspoon of nutmeg or cinnamon | A bowl of Bran Flakes with low fat fortified milk. Add banana for variety | A bowl of porridge needn't be boring. Add honey or yoghurt | Slice of wholemeal toast with baked beans or scrambled egg | Omelette with lots of fresh/frozen vegetables |
| ON THE RUN | Banana or handful of raisins with a slice of toast and a low fat yoghurt drink | Banana, cereal bar, and a glass of low fat fortified milk | Breakfast milkshake - 200ml low fat fortified milk or a low fat yoghurt blended with fruit | Apple, a handful of dry cereal and a low fat yoghurt drink | Slice of wholemeal toast thinly spread with jam or low fat spread (Look for spreads that say mono/polyunsaturated) | | |
| SNACK (LITTLE BREAK) | Low fat yoghurt | Orange segments | Banana | Small box of raisins | Carrot sticks | | |
| LUNCH | 2 slices of wholemeal bread with a low fat cheese slice and tomato | Pita bread with cooked ham, low fat mayonnaise, lettuce and cucumber | Tortilla wrap with a slice of chicken, relish and lettuce and a sliced apple | Cooked pasta with tuna, sweetcorn, spring onion and tomato ketchup | Brown roll with mashed hard boiled egg, lettuce, peppers and tomato | 1 wholemeal bap with a lean grilled rasher, tomato and avocado | Cooked rice, lettuce, tomato, low fat cheese or tuna |
| SNACK | Fresh fruit | 1 thin slice of fruit brack/banana bread | 2 rice cakes | Packet of plain popcorn | Sugar free jelly | Small bowl of homemade soup | Low fat yoghurt |
| DINNER | Shepherd's pie with sweetcorn and green beans | Lamb curry with vegetables and boiled rice | Spaghetti bolognaise | Grilled beef burger with a brown bun and salad | Roast breast of chicken (remove the skin), carrot, parsnip and broccoli with a jacket potato | Stir fried pork with peppers, mushrooms, onions and egg noodles | Chicken casserole with vegetables and boiled potato |

So, by reading this far you should have more ideas about how you and your family can Eat Smart for a healthy life. Keep reading to see how your family can Move **More**.