






Meal Planning & Shopping Sheet




Name _____	Programme _____	Week beginning _____
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 This week I want to focus on


Weekly meal plan

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
 Breakfast							
 Lunch							
 Evening meal							
 Snack / prep note							


Shopping list

 Fruit & veg


- _____
- _____
- _____

 Protein foods


- _____
- _____
- _____

 Wholegrains / starches


- _____
- _____
- _____

 Dairy / alternatives


- _____
- _____
- _____

 Prep ahead

- _____
- _____
- _____

 My easy healthy swaps

- _____
- _____
- _____
- _____

 Other

- _____
- _____
- _____