

Meal Planning

Planning your meals and snacks across the week will reduce your visits to the shops. It can also reduce food waste and save you money and time. Use the planner below to create your own weekly plan. The meal builder on the reverse side can help with meal inspiration. Once you have your meals and snacks built in, write your shopping list.

Time / period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Daily checklist

- Breakfast
- Morning snack
- Lunch
- Afternoon snack
- Dinner
- Evening snack

Have whichever snacks you require to support your training.



Include foods from all sections of the Eatwell Plate.

Shopping list



Meal Building

Variety in food choices is important to get a range of nutrients. Use the list of foods below to create meals which have a source of carbohydrate, protein and vegetables / fruit. Flavorings and condiments (herbs, spices, sauces *etc.*) can be added to keep meals interesting and enjoyable. Check out this video on [how to make a stir fry](#) as an example of how to combine some of the listed foods into a meal.

Carbohydrate



Beans	Pasta
Barley	Pitta bread
Bread	Potatoes
Cereal/Bran	Quinoa
Corn	Rice
Couscous	Sweet potato
Noodles	Yoghurt (fruit based)
Oats	Wraps

Protein



Beans	Lentils
Beef	Mince (lean)
Cheese	Milk
Chickpeas	Nuts/Seeds
Chicken	Pork
Cottage cheese	Quorn
Eggs	Tofu
Fish	Turkey
Lamb	Yoghurt

Vegetables / Fruit

Apple	Cucumber
Aubergine	Green beans
Avocado	Lettuce
Banana	Orange
Broccoli	Parsnips
Cabbage	Peas
Carrots	Peppers
Corn	Spinach
Courgette	Strawberries



Flavouring and condiment suggestions

Lemon / lime juice	Feta crumbled
Salt	Hummus spread
Pepper	Soy sauce
Fresh herbs	Tomato based
Dried herbs	sausages
Spices	Chutney
Olive oil	Chopped garlic /
Balsamic vinegar	ginger



Have a look at these [top tips for using your slow cooker](#) and [top tips on freezing food](#) to help save you time, money and reduce waste.



Use some of the time you have to sharpen your [knife skills](#) with this short video

