

Monday

BREAKFAST

LUNCH

DINNER

PREP NOTES

Tuesday

BREAKFAST

LUNCH

DINNER

PREP NOTES

Wednesday

BREAKFAST

LUNCH

DINNER

PREP NOTES

Thursday

BREAKFAST

LUNCH

DINNER

PREP NOTES

Friday

BREAKFAST

LUNCH

DINNER

PREP NOTES

Thursday

BREAKFAST

LUNCH

DINNER

PREP NOTES

Saturday

BREAKFAST

LUNCH

DINNER

PREP NOTES

Weekend Meal Prep



PRINT ME OUT

YOUR SHOPPING LIST & NOTES

Variation equals balance so when you plan your weekly menu (and you should!), here are some nutritious foods to include regularly:

- A rainbow of fruit and vegetables
- Mushrooms
- Berries
- Red meat
- Offal
- Oily fish
- Eggs
- Shellfish
- White meat
- Safe starches

- Healthy fats – oils, butter/ghee, nuts, seeds, avocado, coconut milk or cream
- Seaweed
- Fermented foods
- Some pleasure foods (dark chocolate, red wine, aged cheese)

When you look at your shopping basket, ask yourself some of the following questions:

- Do I see a rainbow?
 - Do I see a cut of meat I haven't tried before?
 - Do I have some green leafy vegetables as well as starchy root vegetables?
 - Do I have some fish or seafood?
 - Do I have fresh herbs?
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