



Weekly Food Planner

	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

BUILD YOUR MEAL

PROTEINS

- ☐ Chicken
- ☐ Turkey
- ☐ Beef
- ☐ Pork
- ☐ Fish
- ☐ Eggs
- ☐ Tofu
- ☐ Tempeh
- ☐ Lentils
- ☐ Chickpeas
- ☐ Beans
- ☐ Yoghurt

FRUIT & VEG

- ☐ Berries
- ☐ Apples
- ☐ Bananas
- ☐ Orange
- ☐ Leafy greens
- ☐ Peppers
- ☐ Carrots
- ☐ Broccoli
- ☐ Courgette
- ☐ Tomatoes
- ☐ Mushrooms
- ☐ Onions
- ☐ Potatoes

HEALTHY FATS

- ☐ Olive oil
- ☐ Avocado
- ☐ Nuts
- ☐ Seeds
- ☐ Nut butters
- ☐ Tahini

FAMILY NOTES

Clubs, activities, late finishes or anything else to plan around:
