

Plan healthy meals

Monday



Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



Healthy Eating



Eat more vegetables and fruit



Drink 6 to 8 glasses of water every day



Eat more foods which are high in fibre



Eat 3 meals a day





Preparation



Add pepper, herbs or spices to your meal instead of salt



Homemade is much better than takeaways



Plan your meals



← Too much

Portion sizes are important



← Just right



Food Safety



Wash your hands





















Wear an apron








Tie your hair back






Menu for Monday

<p>Breakfast</p>	   	<p>Porridge made with lower fat milk</p> <p>Tinned pear in juice</p> <p>Drink</p>
<p>Between meals</p>	 	<p>Drinks - choose from water, tea, coffee or milk</p>
<p>Lunch</p>	    	<p>Ham and tomato sandwich on wholemeal bread</p> <p>Custard with fruit</p> <p>Drink</p>
<p>Between meals</p>	 	<p>Drinks - choose from water, tea, coffee or milk</p>
<p>Evening meal</p>	    	<p>Chicken and leek pasta bake</p> <p>Big salad</p> <p>Fruit salad</p> <p>Drink</p>









Menu for Tuesday

<p>Breakfast</p>		<p>High fibre cereal for example bran flakes with lower fat milk</p> <p>Dessert spoon of raisins</p> <p>Drink</p>
<p>Between meals</p>		<p>Drinks - choose from water, tea, coffee or milk</p>
<p>Lunch</p>		<p>Scrambled egg and wholegrain toast</p> <p>Yogurt and fruit salad</p> <p>Drink</p>
<p>Between meals</p>		<p>Drinks - choose from water, tea, coffee or milk</p>
<p>Evening meal</p>		<p>Beef and vegetable casserole and mashed potato</p> <p>Fruit for example a banana</p> <p>Drink</p>





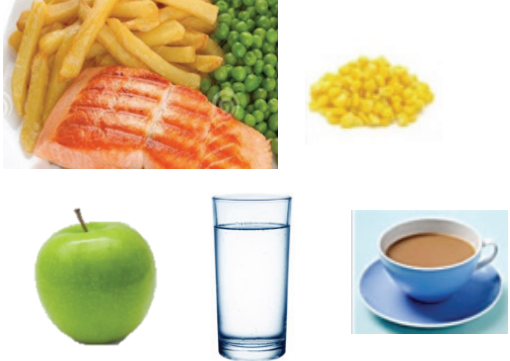
Menu for Wednesday

<p>Breakfast</p>		<p>High fibre cereal for example Weetabix®</p> <p>Tinned oranges in juice</p> <p>Drink</p>
<p>Between meals</p>		<p>Drinks - choose from water, tea, coffee or milk</p>
<p>Lunch</p>		<p>Jacket potato, baked beans and cheese</p> <p>Fruit for example a banana</p> <p>Drink</p>
<p>Between meals</p>		<p>Drinks - choose from water, tea, coffee or milk</p>
<p>Evening meal</p>		<p>2 Chicken drumsticks wrapped in bacon, potato, carrots and green beans</p> <p>Custard and stewed apple</p> <p>Drink</p>






Menu for Thursday

<p>Breakfast</p>	 	<p>High fibre cereal for example Shreddies® and lower fat milk</p> <p>Handful of grapes</p> <p>Drink</p>
<p>Between meals</p>		<p>Drinks - choose from water, tea, coffee or milk</p>
<p>Lunch</p>	 	<p>Salmon and cucumber sandwich on wholemeal bread</p> <p>Vegetable sticks and tzatziki dip</p> <p>Fruit for example a pear</p> <p>Drink</p>
<p>Between meals</p>		<p>Drinks - choose from water, tea, coffee or milk</p>
<p>Evening meal</p>	 	<p>Chilli with peppers and beans and brown rice</p> <p>Big salad</p> <p>Drink</p>






Menu for Friday

<p>Breakfast</p>		<p>High fibre cereal for example Shredded Wheat®</p> <p>Stewed apple</p> <p>Drink</p>
<p>Between meals</p>		<p>Drinks - choose from water, tea, coffee or milk</p>
<p>Lunch</p>		<p>Cheese salad sandwich on wholemeal bread</p> <p>Low fat coleslaw, a tablespoon</p> <p>Yogurt and fruit salad</p> <p>Drink</p>
<p>Between meals</p>		<p>Drinks - choose from water, tea, coffee or milk</p>
<p>Evening meal</p>		<p>Oven baked fish, oven chips, peas and sweetcorn</p> <p>Fresh fruit for example an apple</p> <p>Drink</p>

Menu for Saturday

<p>Breakfast</p>		<p>Scrambled egg on wholemeal toast</p> <p>Fruit for example, a handful of grapes</p> <p>Drink</p>
<p>Between meals</p>		<p>Drinks - choose from water, tea, coffee or milk</p>
<p>Lunch</p>		<p>Vegetable soup and bread</p> <p>Fruit for example a banana</p> <p>Drink</p>
<p>Between meals</p>		<p>Drinks - choose from water, tea, coffee or milk</p>
<p>Evening meal</p>		<p>Turkey and vegetable stir fry and wholewheat noodles</p> <p>Drink</p>

Menu for Sunday

<p>Breakfast</p>		<p>Grilled bacon and tomatoes, wholemeal toast</p> <p>Drink</p>
<p>Between meals</p>		<p>Drinks - choose from water, tea, coffee or milk</p>
<p>Lunch</p>		<p>Roast dinner</p> <p>Fresh fruit and one scoop of ice cream</p> <p>1 scoop ice cream sundae</p> <p>Drink</p>
<p>Between meals</p>		<p>Drinks - choose from water, tea, coffee or milk</p>
<p>Evening meal</p>		<p>Tuna and sweetcorn sandwich on wholemeal bread</p> <p>Fruit – tinned or fresh</p> <p>Drink</p>

My Menu

Breakfast		
Between meals		
Lunch		
Between meals		
Evening meal		

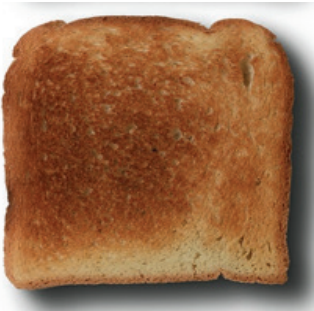
Snack ideas



Apple



Pancake



Toast



Grapes



Vegetable sticks and yoghurt dip

Shopping List



Vegetables and fruit



Potatoes, wholegrain bread, rice, pasta, wholegrain cereal



Dairy foods - milk, yoghurt, cheese



Beans, fish, eggs and meat

If you have any questions about your health, please contact your GP.

Acknowledgements: With kind regards to the clients at The Beeches Training and Resource Centre (Aghalee), Dairy Farm Training and Resource Centre (Stewartstown Road) and also Brea Crothers for their helpful feedback. This resource was developed from an idea by the Warwickshire Service.

Acknowledgements Warwickshire Service

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