



Weekly Meal Planner





Weekly Personal Menu Planner

Plan your meals and snacks each week using the menu planner and shopping list below. Plan your meals for the week, fill in the shopping list and then jump online and order your food delivery. Now you are organized to eat well for the week.

Remember to stick to the rules!

Breakfast

Ensure that your breakfasts include combinations of unrefined carbohydrate, proteins, fruits and berries and essential fats. Any of the breakfast recipes supplied to you will fall into this category.

Lunch

It is important at lunch to have your portion of high-density carbohydrates, i.e. bread, rice, pasta or potato. These must be from an unrefined source and be accompanied with protein and vegetables or salad. You can use any lunch recipe here, or any dinner recipe with the addition of one portion of the high-density carbohydrate. A portion is about the size of the your cupped hand.

Dinner

Dinner is limited on high-density carbohydrate (bread, rice, pasta, potato, you have had enough). You can eat any protein accompanied with low-density carbohydrates. These are root vegetables, vegetables, salad and/or pulses. A protein on your plate should be equal to about the size of flat palm of your hand and you should add two or three different veggie portions at least. You can also add good oil to your veggies in a stir-fry or roasting in the oven with seeds etc. Any dinner recipe can be used here or a lunch recipe if you remove the high-density carbohydrate portion and increase the low-density carbohydrate portion

Snacks

Try to have two snacks a day of around 200 kcal's. Ensure with the snacks that they are un-refined and have a protein element too them where possible. Any snack recipe can be used here.

Fluid

Drink 300-500ml per hour of water if you can. Sip this throughout the day every 15 to 20 minutes. Carry your water bottle.

