



WEEKLY MEAL PLANNER

DRINK 8 GLASSES OF WATER EVERY DAY	SNACKS (2 daily)
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Portion Sizes



Carrots Peas Cabbage
Capsicum Broccoli
Sweetcorn Cucumber
Lettuce Tomato
Parsnip Asparagus
Mushrooms Spinach

VEGETABLES

Your whole hand laid out flat with fingers together. This represents the amount of vegetables that should be on your plate



Chicken Pork
Beef Lamb
Fish

MEAT

The palm of your hand laid out flat. This part of your plate is for the meat.



Potato Rice
Pasta Noodles
Bread Cereals

CABOHYDRATES

Your whole fist. This represents the amount of carbohydrates that should be on your plate.

Snacks

AVOID

Cakes
Chips
Pies
Chocolate
Ice Cream
Lollies

CAUTION REQUIRED

Muesli bars
Fruit juice
Frozen snacks
Cereal

GO FOR IT

Carrots / Celery /
capsicums chopped up raw
and bagged

Mixed nuts

LIGHT microwave popcorn

Homemade fruit smoothies

Dried fruit (raisons,
bananas, apricots are all
great with plain yoghurt)

Peanut butter (no added
salt/sugar)

Tinned tuna (in water)

Busy weeks?

How does your week look? Think about what suits best when. If you work three evenings a week, put on a crockpot OR make an all in one dish that can be halved and eaten over two nights. Some ideas are; Fish Pie, Shepherd's Pie, Burritos, Crockpot, Curry, Meatloaf, Fritters (corn, vegetables, smoked fish) with salad, Omelette, Homemade Pizza, Homemade burgers,