

**EAT BETTER
FEEL BETTER**

WEEKLY MEAL PLANNER

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY

SATURDAY



SUNDAY

TIP 1 - Make a list of family favourites and use them to help you plan meals.

TIP 2 - Write a shopping list to help save time and money.

TIP 3 - Buying frozen vegetables means you'll always have a few different options.