

DAILY CHECKLIST - EXAMPLE

Menu Plan

Monday	<u>Spaghetti bolognese</u>
Tuesday	<u>Omelette & baked potato</u>
Wednesday	<u>Baked salmon and rice</u>
Thursday	<u>Chicken pasta</u>
Friday	<u>Bean casserole and mash</u>
Saturday	<u>Chicken pasta</u>
Sunday	<u>Prawn stir fry with noodles</u>

MEALS

Breakfast	<u>Cereal_fruit</u>
Lunch	<u>Soup_roll</u>
Dinner	<u>Spaghetti bolognese</u>
Snacks	<u>Yoghurt</u>
	<u>Crisps</u>

PORTIONS



- 1 Banana
- 2 Raisins
- 3 Veg in soup
- 4 Apple
- 5 Mushrooms
- 6 Carrot

PORTIONS



- Cereal
- Bread roll
- Spaghetti
- Toast

PORTIONS



- Lentils
- Mince
- _____

PORTIONS



- Milk
- Yoghurt
- Parmesan cheese

PORTIONS



- Low fat spread
- Veg oil
- _____

PORTIONS



- Yoghurt
- Crisps
- Hot chocolate

**Approx 100 kcal
per snack**



Drink 6-8 glasses of water every day

WEEKLY PLANNER AND DAILY CHECKLIST

Menu Plan

Monday _____
Tuesday _____
Wednesday _____
Thursday _____
Friday _____
Saturday _____
Sunday _____

MEALS

Breakfast _____
Lunch _____
Dinner _____
Snacks _____

PORTIONS



1 _____
 2 _____
 3 _____
 4 _____
 5 _____
 6 _____

PORTIONS



PORTIONS



PORTIONS



PORTIONS



PORTIONS



Approx 100 kcal per snack

Drink 6-8 glasses of water every day



DAILY CHECKLIST


MEALS

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

PORTIONS 

1 _____


2 _____


3 _____


4 _____

5 _____

6 _____

PORTIONS 

PORTIONS 

PORTIONS 

PORTIONS 

PORTIONS 

**Approx 100 kcal
per snack**

Drink 6-8 glasses of water every day

