

Seven day menu planner

Planning meals in advance can help you make healthier choices, reduce calories and save money by not wasting food.

Use our simple planner alongside a shopping list to make meal planning quick and easy.



— BE —
**PORTION
SIZE**
— WISE —

Monday breakfast

Monday lunch

Monday dinner

Monday snacks



Tuesday breakfast

Tuesday lunch

Tuesday dinner

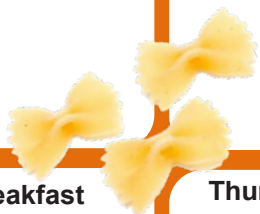
Tuesday snacks

Wednesday breakfast

Wednesday lunch

Wednesday dinner

Wednesday snacks



Thursday breakfast

Thursday lunch

Thursday dinner

Thursday snacks

Friday breakfast

Friday lunch

Friday dinner

Friday snacks



Saturday breakfast

Saturday lunch

Saturday dinner

Saturday snacks



Sunday breakfast

Sunday lunch

Sunday dinner

Sunday snacks



Get advice, information and help about healthy diets and portion control at www.derbyshire.gov.uk/portionsizewise