Weekly Meal and Shopping Planner



Day	Meal/s	Shopping List
		Fruit and Vegetables
Monday		
Tuesday is label on packaged foods	Eatwell Guide Use the Eatwell Guide to help you get a balance of healthier and more sustain It shows how much of what you eat overall should come from each food group	Store Cupboard
Ferry Fat income Super Solution (1997) Ferry Fat income Super Solution (1997) Ferry Fat Income Super Solution (1997) On an adult reference inside Typical values So sold per 100; 997.4 Choose foods lower in fat, salt and suger Wednesday	Potatos Process Report Choose Whole Potatos Potatos Potatos Process Report Choose Whole Potatos Potato	Water, lower fat milk, sugar-free drinks including tea and coffee all count. Limit invisions endorcemochies to a to 20 of 150m a day.
Thursday	Frozen peas Ponting Lending	Whole wheat pasta
Friday Eat less often and in small amounts	Plain chick nut. Chick peas Plain nut. Chick peas Source: Source beans and Dulses, 2 portions of sustainably choces beans and Dulses, 2 portions of sustainably lower sugar of lower sug	Frozen Foods
Saturday	with Closermener. Food Standards Scotland and the Food Standards Agency in Northern Institut	Okcar 2 Obkoal - ALL FOOD - ALL DRINKS Government
Sunday		Other