

# Weekly Meal Planner

Planning meals ahead is a useful way to make your money go further and ensure you are getting a balanced diet. You can mix and match ingredients to avoid wasting leftovers.

A useful tip is to have left-over dinner from the night before for lunch, by making enough to leave an extra portion.

Below is an example of a budget meal planner. Use the blank diary overleaf to plan your own (and your family) meals for the week.

Try to include a variety of foods to ensure optimal intake of nutrients and at least five portions of fruit and vegetables each day.



	Breakfast	Lunch	Dinner
Monday	Boiled egg with wholemeal toast and a glass of pure fruit juice	Small jacket potato with baked beans and salad	Stir-fry of mixed vegetables and chicken, turkey or beans such as butter beans, with brown rice
Tuesday	Porridge with mixed fresh fruit or frozen berries	Left-over stir-fry from the night before	Wholemeal pasta with pulses such as beans, or fish, and vegetables such as tomato, courgette, mushrooms and carrots with garlic and mixed herbs
Wednesday	Muesli with dried fruit and skimmed milk	Homemade wholegrain sandwich or wrap with a healthy filling such as boiled egg or reduced-fat houmous with salad, grated carrot and tomatoes	Fish and vegetable pie with salad An apple or a fruit salad
Thursday	Wholemeal toast with mashed banana and natural yoghurt	Left-over dinner from the night before	Omelette with mushrooms, peas, tomatoes, boiled potatoes and a sprinkling of parmesan cheese with salad
Friday	Porridge with dried fruit	Homemade wholegrain sandwich with a healthy filling such as chicken or salmon and salad, cucumber and tomatoes	Spicy bean burgers with salad A couple of mandarins or other fruits
Saturday	Scrambled eggs on wholemeal toast and a glass of pure fruit juice	Salad (tuna, boiled egg, cherry tomatoes, mixed leaves, grated carrot) with an olive oil and lemon dressing	Night off weekly plan (go out for a healthy dinner or use up leftovers)
Sunday	Porridge with raisins, banana and mixed nuts	Baked beans on wholemeal toast and grilled tomatoes	Roast chicken (remove skin) with green beans, carrots and boiled potatoes



# My Weekly Meal Planner

	Breakfast	Lunch	Dinner
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

