



My meal planner

Planning meals is a great way to support you on your **weight management journey**. It can help you build healthy eating habits, day by day.

Remember, every small change can make a big difference to your health. On the next page, you can find a meal planner to fill in at the start of each week. You can print this off and stick it somewhere you can easily refer to, like your fridge door.

Tips on healthy eating

If you are not sure of what to do or how to start your journey towards balanced eating, explore the simple tips on the right. Remember, you do not have to make all these changes at once. Even trying one of these can make a difference. Building habits can take time, so give yourself the space to do so. And be patient with yourself.



Need meal inspiration?

Scan the QR code to checkout the '**NHS Better Health Healthy recipes**' page or visit <https://www.nhs.uk/healthier-families/recipes/>

Make swaps – fizzy drinks, cakes, sweets or chocolate can have a lot of sugar, so try to enjoy these in moderation. Try swapping these out for nutritious snacks like fresh fruit, plain popcorn, unsalted nuts or rice crackers and opt for sugar-free drinks.

Get cooking – making meals from scratch can help you take control of what you put into your food, like using less salt. You can also prepare meals for the week ahead on days when you have more time.

Know your portion sizes – it is important to know how much to eat from each food group for a healthy diet. Check out the 'Balancing my meals' visual on the right to learn more.



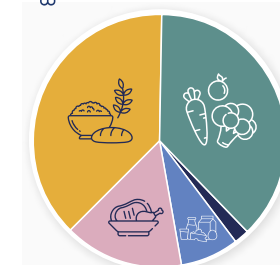
Truth about **weight**

Balancing my meals

A guide for adults

Per day

2,000 kcal* 2,500 kcal* = **ALL FOOD + DRINKS**



Fruit and vegetables

Eat 5+ daily and have a variety of different types.



Starchy carbohydrates

(e.g. potatoes, bread, rice, pasta)
Choose wholegrain or high-fibre versions when possible.



Proteins

(e.g. beans, pulses, fish, eggs, meat)
Eat more beans and pulses. Eat less red and processed meat.

Other nutrition tips:



Dairy and alternatives

Choose lower-fat, lower-sugar options when you can.



Oils and spreads

Choose unsaturated options and use small amounts.



Liquids

Drink **6-8 cups** daily to stay hydrated. Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juices and/or smoothies to 150 ml or less daily.






*Quantities may differ if you are on a weight management plan.

My week, **my meal**



Truth about **weight**

Get started by filling out this meal planner at the start of each week.

	 Meal 1	 Meal 2	 Meal 3	 Snacks	 5-a-day
Monday					<div><div></div><div></div><div></div><div></div><div></div></div>
Tuesday					<div><div></div><div></div><div></div><div></div><div></div></div>
Wednesday					<div><div></div><div></div><div></div><div></div><div></div></div>
Thursday					<div><div></div><div></div><div></div><div></div><div></div></div>
Friday					<div><div></div><div></div><div></div><div></div><div></div></div>
Saturday					<div><div></div><div></div><div></div><div></div><div></div></div>
Sunday					<div><div></div><div></div><div></div><div></div><div></div></div>

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