

Guide to Meal Planning



	Preparation	Shopping	Cooking
Tips	<ul style="list-style-type: none"> Meal planning saves time and money Put your meal planner on the wall in your kitchen Think of which healthy meals you enjoyed eating and add them onto your planner for next week Cut out or bookmark recipes so you can easily access them Are you getting enough protein per meal (to balance your blood sugar)? Are you getting adequate fibre and nutrient intake 	<ul style="list-style-type: none"> Where are you going to source your meat, eggs and veg from? eg. Is there a local farmers market? Buy 7 x vegetables in a variety of colours, trying to get 1-2 in each colour. Buy 3 x fruit in a variety of colours, trying to get 1 from each colour. Buy fresh herbs in bags and keep them in the freezer. Buy legumes ie chick peas, black beans, aduki beans, lentils in packets (not tins) to save money 	<ul style="list-style-type: none"> Know when to experiment (the days you have more time) and when to go onto autopilot eg. Busy or tired days Eat red meat no more than twice per week Eat fish 3 times per week but no more than twice per week of the same type of fish. Eat 10 portions of fruit and vegetables per day at the ratio of veg 7:3 fruit. This will ensure you are getting a variety of nutrients from food and maintain healthy blood sugar levels. Use olive oil on cold salads. Cook with coconut oil.

Weekly Meal Planner

	Breakfast	Lunch	Dinner
Monday	Primal Muesli – dried apricots, walnuts, shaved almonds, dates, sunflower seeds, pumpkin seeds, linseeds. Add full fat yoghurt, honey and cinnamon <i>*Make a batch of primal muesli</i>	2 egg omelette with red onion and fetta cheese	Three bean chilli mix – kidney beans, chick peas, haricot beans in a spice mix with tinned or fresh tomatoes
Tuesday	Scrambled eggs atop avocado toast, red onion and tomato	Left-over three bean chilli mix	Warming beef stew with root vegetables
Wednesday	Porridge made with water. Add full fat yoghurt in bowl plus grated apple	Salad – spinach leaves, radish, avocado, mackerel, olive oil, lemon juice	Chicken mango salad – cos lettuce, sliced chicken, mango, pine nuts. Mix juice of mango from chopping board with mayo, olive oil and balsamic
Thursday	Quinoa porridge with a handful of primal muesli added (see above)	Left-over chicken mango salad	Fish pie served with snow peas
Friday	2 eggs poached with tomato, avocado and red onion	Turkey salad - rocket, turkey, beetroot, sunflower seeds, olive oil	Chicken curry (home made sauce of ginger and spices) served with basmati rice and green beans
Saturday	Primal Muesli – dried apricots, walnuts, shaved almonds, dates, sunflower seeds, pumpkin seeds, linseeds. Add full fat yoghurt, honey and cinnamon.	Fish cakes served with side salad of rocket and tomato with a drizzle of balsamic vinegar	Venison steaks served with a mushroom and red onion sauce and steamed broccoli
Sunday	2 egg omelette with one bacon rasher chopped, good quality grated cheddar and tomatoes.	Fennel and walnut salad, apple cider vinegar dressing	Home made pizza

My Weekly Meal Planner

	Breakfast	Lunch	Dinner
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			