

PLANNER

My Meals & Shopping Planner

Plan what you will actually eat for the week, then shop from a useful list.

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Plan what you will actually eat

Flexible portions, affordable staples and food you tolerate.

USE YOUR OWN DIETARY NEEDS

No supplement, calorie target or thirty-plant quota is required. Respect allergies and clinical diets. Seek support before major restrictions with underweight or eating concerns.

Day	Breakfast	Lunch	Evening meal	Prep / leftovers
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

What is already in the cupboard / fridge / freezer?

Shop with a useful list

Choose portions and quantities for your household, budget and tolerance.

Category	What / quantity	Cost estimate	Substitution
Vegetables			
Fruit			
Beans / lentils			
Grains / oats			
Nuts / seeds			
Protein / dairy			
Other			

Budget limit, estimated total and easy swaps

Preparation and leftover plan

Follow reliable storage guidance for each food. Cool cooked food promptly, then refrigerate or freeze it.