

Meal planning sheet

	Day:	Some ideas...
Breakfast		Egg on wholemeal toast or weetabix, muesli or oats porridge with milk or fruit salad with yoghurt & sun flower seeds.
Midmorning		Nuts & raisins or peanut butter on wholemeal toast or fruit smoothie with yoghurt.
Lunch		Chicken noodle soup or skin-on jacket potato with beans or wholemeal egg sandwich or chicken salad dressed with omega-6 rich oil.
Afternoon		Oatcakes and cheese or dried fruit and nuts or vege sticks with hummus or piece of fruit & handful of pumpkin seeds.
Supper		Smoked mackerel or sardines on wholemeal toast or pasta salad with avocado and pine nuts or chilli con carne with brown rice.
Late evening		Rice cake or oat cake with fruit spread and milky drink.

PLEASE NOTE: it is up to you to ensure a balanced combination of food choices each day. The suggestions do NOT constitute professional medical or nutritional advice, nor do they make up an exhaustive list of the many healthy food choices available.

How to use the meal planning sheet:

1. Print off lots of blank copies of the sheet.
2. First use the blank sheet to record what you normally eat each day over the course of a week. Check your pattern of eating against the suggestions and on the Understanding food and mood page or other nutritional guide.
3. Use more blank sheets to plan a new meal and snack pattern, using the suggestions for inspiration.
4. Be realistic – don't be too rigid! Leave space to fill in what you actually did eat, and use the filled in sheets to help you recognise which foods work for you.
5. Get into the habit of ensuring that you can access the right foods to stick to a healthy, mood-enhancing meal pattern.