

Weekly meal planner* – eating a healthy, sustainable diet. This is just one example of a weekly meal plan - there is no one-size-fits-all approach - it can be adapted to suit your dietary preferences and what you have available.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Wholemeal toast with peanut butter sliced apple on the side	Porridge with dried fruit and chopped nuts.	Bran flakes, semi-skimmed milk and chopped banana.	Wheat biscuits, semi-skimmed milk and raisins.	Baked beans on wholemeal toast with cooked mushrooms.	No added sugar muesli, semi-skimmed milk and canned mandarins (in juice).	Scrambled eggs/tofu, grilled tomatoes and wholemeal toast.
Lunch	Chicken (leftover from your Sunday roast) and wholewheat pasta salad with peppers and sweetcorn.	Lentil and vegetable soup with wholemeal toast.	Sliced boiled egg, tomato and salad in a wholemeal roll.	Jacket potato with tuna, reduced fat mayonnaise, sweetcorn and salad.	Houmous, spinach and red pepper with salad in a seeded wrap.	Reduced fat cheese and tomato crumpet/wrap ‘pizza’ topped with veg and served with a side salad.	Roast chicken, roast potatoes, with the skin on, peas, carrots and gravy.
Dinner	Chickpea and veg curry with brown rice.	Lean pork and veg stir fry with noodles.	Mashed potato-topped fish pie, peas and broccoli.	Vegetarian bean chilli with brown rice.	Spaghetti Bolognese (made with turkey mince and/or lentils) with wholewheat spaghetti/fusilli.	Baked salmon parcels, sweet potato wedges, green beans and kale.	Falafels in a seeded wrap with yoghurt dressing and salad.
Snacks (see NHS for more ideas on healthy snacks)	Berry/banana smoothie.	Plain yogurt with dried fruit & seeds.	Oatcakes with reduced-fat cheddar and grapes.	A handful of plain mixed nuts.	Crispbread/multigrain crackers with reduced-fat soft cheese and cucumber.	Vegetable sticks with reduced-fat houmous.	Slice of fruit loaf with reduced-fat spread.
	Fruit.	Fruit.	Fruit.	Fruit.	Fruit.	Fruit.	Fruit.

- **Drinks** - We should consume 6-8 glasses of fluid each day – water is recommended. Other options include unsweetened herbal and fruit infusions, tea/coffee with lower fat milk, or 'no-added sugar' or 'sugar-free' drinks. 150ml of fruit juice, vegetable juice or smoothie can count towards your 5 A DAY, but it’s recommended to limit the amount you drink to a combined total of 150ml a day as they contain free sugars.
- **Oils & spreads** - Choose unsaturated oils for cooking (rapeseed) and in salads (olive) and use spreads rich in polyunsaturates on toast and in sandwiches.
- **Fibre** - Where you can, choose wholegrain varieties of foods such as bread, rice, pasta, and cereals, and eat potatoes with their skin on for more fibre.
- **Portion sizes** - Try to watch your portion sizes – generally if you’re tall or very active you will have bigger portions sizes compared to someone who is small or who is trying to lose weight.



Shopping list*

*some items may need to be adapted depending on availability in Lidl stores and individual dietary preferences.

Starchy carbohydrates

- Seeded/'Both in One' wraps
- Wholemeal sliced bread
- Wholemeal rolls
- Porridge oats
- Bran flakes
- No added sugar muesli
- Wholewheat spaghetti
- Wholewheat pasta (fusilli)
- Noodles
- Brown rice
- Oatcakes
- Crumpets
- Sesame crispbread/multigrain crackers
- Potatoes (suitable for baking and roasting)

Fruit & vegetables

- Selection of different fresh fruit (e.g. grapes, bananas, nectarines, apples, easy peelers, berries)
- Canned fruit in natural juice (e.g. mandarins, peaches, pears)
- Dried fruit (e.g. raisins, apricots, dates)
- Selection of different fresh vegetables (e.g. sweet potatoes, kale, broccoli, carrots, peppers, mushrooms)
- Frozen vegetables (e.g. peas, sweetcorn, green beans)
- Salad vegetables (e.g. tomatoes, lettuce, cucumber)

Dairy (or alternative options if preferred)

- Semi-skimmed milk
- Plain low-fat yoghurt
- Reduced-fat cheddar
- Reduced-fat soft cheese

Protein foods

- Lean pork (or other lean meat)
- Turkey mince
- Whole chicken
- Eggs
- Sustainably sourced salmon
- Fish pie mix
- Canned tuna in spring water
- Baked beans**
- Canned chickpeas
- Lentils
- Falafels**
- Peanut butter (no added sugar or salt)
- Plain (unsalted) mixed nuts
- Seeds (e.g. sunflower, pumpkin)
- Reduced-fat houmous**

Other items including store cupboard essentials

- Vegetable oil
- Reduced-fat spread
- Reduced-fat mayonnaise
- Fruit loaf
- Gravy granules (choose reduced salt versions where possible)
- Pasta sauce**
- Curry sauce**
- Stir fry sauce**
- Vegetable stock cubes (choose reduced salt versions where possible)

****Go for options that are lower in salt and/or sugars, where possible.** If these are homemade then other ingredients will need to be added to the list.

