

meal planner



@beksercise

monday

tuesday

wednes

thursday

friday

saturday

sunday

how to use your meal planner



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Did you know that we eat the same meals? if you think about it you usually cook the same dishes and recipes most week, would I be right if I guessed that you have about 5/6 different recipes that you rotate? Yes, I thought I was! Now, are these meals 'healthy' - as in, are they made from minimally processed ingredients, whole foods, vegetables and include fibre, fats and protein? If so, I want you to make a list of these recipes below:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Now I want you to add these into your timetable above (trust me, you won't get as bored of eating them regularly as you think you will!) but I bet you've already filled a third of your planner. Shopping is easy because now you know exactly what you need to buy and this will save you buying unnecessary food. If your recipes weren't so 'healthy' - take a look at my free recipe ebooks on my website for some inspiration for easy and healthy recipes.

Do you always have the same thing for breakfast? I do - so the breakfast column is really easy to complete. Maybe you enjoy a treat for breakfast on the weekends (see the bottom paragraph) - that's cool! Write it in.

Lunch can be the most difficult meal to plan because it's usually in the middle of a busy working day. Having something easy to grab from the fridge works well, so making up a delicious salad (not just lettuce leaves and tomatoes - I'm talking grains, wholegrain pasta, lentils, chickpeas, spinach, hummus, avocado, felafel, roast vegetables - load it up with legumes and veg! Soup is also an easy one to either heat or buy remade - many ready made soups are pretty good and not too processed (but obviously better if you can make it yourself) I'll leave you to be creative!

I go for the 80/20 rule when it comes to nutrition - 80% of my meals are wholesome, filling and nutritious, with little processed ingredients. 20% of the time, I enjoy a meal out, or a takeaway, or a large bar of chocolate - that's 4 boxes on you plan - so you can enjoy your favourite meals 4 times a week! So go and add those in, it could be the lunches and dinners on the weekend, or a weeknight when you go and socialise. But you can be healthy without sacrificing your favourite things!

Extra tip - laminate your meal plan so you can easily change recipes, or just re-print when you want to mix up your recipes