WEEKLY MEAL PLAN

MONDAY
B
L
D
S

TUESDAY
B
L
D
S

WEDNESDAY
B
L
D
S

THURSDAY
B
L
D
S

FRIDAY
B
L
D
S

SATURDAY
B
L
D
S

SUNDAY
B
L
D
S

SHOPPING LIST

DAIRY

MEAT / FISH

GRAINS

FROZEN

FRUIT & VEG

OTHER

DAILY SERVINGS

	M	T	W	T	F	S	S
FRUIT							
VEG							
PROTEIN							
GRAINS							
DAIRY							
WATER							

B BREAKFAST
L LUNCH
D DINNER
S SNACKS

HÄLSA wellbeing