

Weekly Meal Planner

How can you plan to add more fruit and veg into your daily meals and snacks?



Complete the meal planner below.

Remember: many soups and sauces contain a variety of vegetables, so plan wisely!

Day/time	Breakfast	Mid-morning snack	Lunch	Mid-afternoon snack	Dinner	Other snacks or meals
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

One portion is:

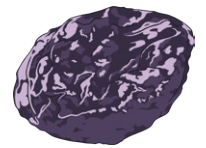
A fresh fruit portion (80g) is approximately:

- One big slice or half of a large fruit – e.g. a slice of melon or half a grapefruit
- 1 medium-size fruit – e.g. an apple, a pear, an orange or a banana
- 2 small-size fruits – e.g. two plums, satsumas, kiwi fruits or figs
- A handful of berries – e.g. approximately 14 cherries, 20 blueberries, 10 raspberries or 7 strawberries



A dried fruit portion (30g) is approximately:

- one heaped tablespoon of raisins or currants
- 3 whole dried apricots or two whole dried figs



A vegetable portion (80g) is approximately:

- 3 heaped tablespoons of peas, beans or carrots
- 3 heaped tablespoons of pulses, such as lentils or chickpeas
- 8 broccoli florets
- One corn on the cob
- a dessert bowl of salad



Smoothies, fruit and veg juices count too!

The maximum you should have is one 150ml glass of unsweetened, 100% fruit or vegetable juice or smoothie each day.