

### Meal Planning



What are the benefits of planning your meals?

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### Shopping List



Are there any new foods you would like to try this week?

Add them to your shopping list below.

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### Top Tips for Meal Planning/ writing shopping lists...



#### 1. Make a plan, keep it in site!

Know what meals you are having throughout the week and stick to a shopping list! Keep a plan like the one below on the fridge to help you stick to it!

Day	Breakfast	Lunch	Dinner	Snacks and drinks

#### 2. Keep it simple!

Refer back to the Eatwell Guide and Weight Loss Plate to help you structure your meals!

#### 3. Plan around your schedule!

Batch cooking is a great way to ensure you have healthy, homemade meals in the freezer, ready for those busy days!

#### 4. Store cupboard ingredients!

Having a stock of tins will ensure you always have the basics for a meal!

#### 5. Take stock!

Know what you have left in the cupboards and fridge before writing your shopping list! What meals could you make from this stock?

#### 6. Recycle leftovers!

Turn them into a new meal or save for lunch the next day!

#### 7. Store cupboard ingredients!

Having a stock of tins will ensure you always have the basics for a meal!

#### 8. Theme nights!

Keep it fun for the family and help vary your meals!

## Recipe Adaptation

When trying to lose weight it is still important to enjoy the food we are eating! We are still able to eat our favourite meals but with the skills and knowledge acquired through these 12 weeks you will be better able to manage your portion sizes and notice areas in which you can make healthier swaps to aid your weight loss journey.

Consider the recipe for Spaghetti Bolognese below and note changes you could make to reduce the total fat and calorie content...

### Serves 4

Ingredients	Changes
2 tablespoons olive oil	
3 rashers of smoked streaky bacon, chopped	
1 large onions, chopped	
2 garlic cloves, crushed	
500g minced beef	
75g cheese	
1 large glasses of red wine	
1x 400g cans chopped tomatoes	
1 tsp dried mixed herbs & seasoning	
1 tablespoons balsamic vinegar	
500g dried spaghetti	
Mushrooms	
Garlic bread	

## Websites for Healthy Recipes

- Change 4 Life <https://www.nhs.uk/change4life/recipes>
- Easy Ways to Eat Better <https://www.nhs.uk/oneyou/for-your-body/eat-better/>
- BBC Good Food <https://www.bbcgoodfood.com/recipes/category/healthy>
- Eating well recipe book. Simple, cost-effective ideas for the whole family <https://www.firststepsnutrition.org/eating-well-infants-new-mums>