

# Daily Meal Planner

Compare your recommended portions to today's intake

## Your portions

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Today's portions

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

bread, cereals and potatoes

fruit and vegetables

milk and dairy

meat fish and alternatives

low fat spread or \_\_\_\_g butter / margarine

## Extras

### Breakfast

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

bread/cereal portions

fruit or glass unsweetened fruit juice

milk and dairy

### Mid morning

### Midday meal

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

bread, cereals or potatoes

fruit and vegetables

milk and dairy

meat fish and alternatives

### Mid afternoon

### Evening meal

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

bread, cereals or potatoes

fruit and vegetables

milk and dairy

meat fish and alternatives

### Evening

### Allowed freely

tea or coffee with milk from allowance, sugar free squashes and fizzy drinks, water, marmite, oxo, bovril, stock cubes, all herbs and spices