

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