



# Food planner

**To help you reach the SMART goals you've set, try to spend a bit of time thinking about what meals you are going to eat over the next few days or during the week.**

Use the space below to plan your meals and then make a shopping list - checking what you already have in your cupboards and freezer, so you only buy what you need!

Day	Breakfast	Lunch	Dinner	Snacks
Mon				
Tues				
Wed				
Thur				
Fri				
Sat				
Sun				