	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfask							
Snack							Apples can be great snacks!
Lunch				Add a side salad to your lunch			
Snack		why not swap your snack for carrot sticks					
Dinner					Can you put one more veg in your main meal		
Veg eaten							
Orinks	Aim for 6-8 glasses of water a day						



MEAL PLANNER Helping you to track your veg!

IN PARTNERSHIP WITH





Portion sizes

EVERYONE SHOULD HAVE AT LEAST 5 PORTIONS OF FRUIT AND VEG A DAY

1 adult portion (80g)







3 heaped table spoons of cooked veg such as carrots, peas or sweetcorn



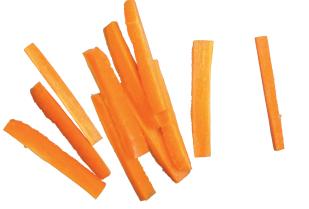




Snack Swaps

SWAPPING YOUR SNACKS CAN BE AN EASY WAY TO GET ONE MORE PORTION OF VEG INTO YOUR DAY!
WHY NOT TRY....

1 Cup of sliced Carrot Cucumber and Pepper Sticks





Roasted Cauliflower

Pumpkin Soup





WHAT COULD YOU SWAP?.....



FROZEN AND TINNED VEGETABLES CAN COUNT TOWARDS YOUR 5+ A DAY





