



Weekly Meal Plan for a healthy heart

Plan Your Weekly Meals here and keep track of the ingredients you need to buy on the other side!

Monday

Breakfast:

Lunch:

Dinner:

Remember each day:

- ☐ One fibre-rich meal
- ☐ 1 portion of beneficial fats
- ☐ Low salt tips and swaps

Tuesday

Breakfast:

Lunch:

Dinner:

Friday

Breakfast:

Lunch:

Dinner:

Wednesday

Breakfast:

Lunch:

Dinner:

Saturday

Breakfast:

Lunch:

Dinner:

Thursday

Breakfast:

Lunch:

Dinner:

Sunday

Breakfast:

Lunch:

Dinner: