



# 5 day meal planner

A practical, nutritionally approved meal plan & shopping list for you and your family.



# Monday

Add a glass of water or milk (semi-skimmed or low fat preferably) to every meal or snack.

Portion tip:

A five year old needs about half the food an adult does

## Breakfast

- A bowl of high fibre breakfast cereal with low fat milk and small glass of fruit juice



## Lunch & Morning Snack

- 2 slices of wholemeal bread with cooked ham and lettuce
- 6 cherry tomatoes, cream cheese and small tub of stewed fruit



## Afternoon Snack

- Kiwi



## Dinner

- Family shepherd's pie



## Recipe

### Family shepherd's pie

Serves 4 Adults

#### Ingredients

- 900g / 2lb potatoes, peeled and diced
- 300g / 10oz. carrots, peeled and sliced
- 100g / 4oz. onion, peeled and chopped
- 450g / 1lb lean minced beef
- 1 x 400g / 14oz. tin of chopped tomatoes

#### Method

1. Preheat your oven to 180°C / 350°F / Gas Mark 4
2. Cook the potatoes and carrots in boiling water until tender (around 20 minutes)
3. Meanwhile heat vegetable oil in a small saucepan and cook the onion until softened
4. Add the minced meat to the onion, cook and season, stirring occasionally, until browned all over. Drain off any excess fat
5. Add the tinned tomatoes. Cover, bring to the boil and then simmer for about 20 minutes, then transfer to a casserole dish
6. When the potatoes and carrots are cooked, drain them and return to the saucepan. Mash the potatoes and carrots together with a potato masher or potato ricer until smooth
7. Spoon the carrot and potato mixture on top of the minced meat mixture and bake in the pre-heated oven for 30 minutes or until the top starts to brown.

# Tuesday

Add a glass of water or milk (semi-skimmed or low fat preferably) to every meal or snack.

## Breakfast

- A bowl of porridge with low fat milk & apple slices



## Lunch & Morning Snack

- Tortilla wrap with chicken, sliced peppers and lettuce
- Orange & ½ wholemeal scone
- Small carton of milk



Lunchbox  
Friendly

## Afternoon Snack

- 8 Strawberries



## Dinner

- Spanish omelette served with broccoli and extra potatoes



Have a  
meat free  
day

## Recipe

### Spanish omelette

Serves 4 Adults

#### Ingredients

- 2 onions, chopped
- 1 red pepper, cored and chopped
- 4 eggs
- 2 large potatoes boiled and chopped
- 1 dessertspoon of chopped parsley

Add broccoli and extra potatoes

#### Method

1. Heat 1 tablespoon of oil in a frying pan
2. Add the onions and cook until soft
3. Add the red pepper and cook for 5 minutes
4. Beat the eggs in a bowl. Add pepper
5. Stir the potatoes, parsley and fried vegetables into the egg mixture
6. Pour the egg mixture into the heated frying pan and spread evenly to the edge
7. Cook for 5 minutes until the egg mixture comes away from the side of the pan
8. Place the pan under a pre-heated moderate grill for about 3 minutes to cook the top of the omelette.

# Wednesday

Add a glass of water or milk (semi-skimmed or low fat preferably) to every meal or snack.

## Breakfast

- 1 to 2 wheat biscuits, top with low fat milk and strawberries



## Lunch & Morning Snack

- Medium wholegrain bread roll with tomato & cheese.
- Pot of low fat yoghurt & 1 banana
- Bottle of water



Lunchbox  
Friendly

## Afternoon Snack

- Handful of carrot sticks



## Dinner

- Baked garlic lime chicken breasts with mixed veg and potatoes



## Recipe

### Baked chicken breasts with garlic and lime.

Serves 4 Adults

#### Ingredients

- 4 skinless chicken breasts (520g / 1lb 2½ oz)
- 25ml / 1fl oz. of fresh lime juice or half a lime
- 1 tablespoon of olive oil
- 4 cloves of garlic, finely chopped or minced

Steam some potatoes and vegetables (you can use frozen mixed vegetables too)

#### Method

1. Mix the lime juice, olive oil and garlic together in a large sealable plastic bag
2. Add chicken to the bag and seal it, removing as much air from the bag as you can
3. Marinate the chicken for at least 4 hours in the fridge to add flavour
4. Preheat your oven to 180°C / 350°F / Gas Mark 4
5. Remove chicken from marinade and throw away the marinade
6. Brown the chicken breasts in a hot pan with a little oil
7. Place chicken in a casserole dish and cook thoroughly, for about 25 to 30 minutes.

# Thursday

Add a glass of water or milk (semi-skimmed or low fat preferably) to every meal or snack.

## Breakfast

- A bowl of flaked cereal with low fat milk.
- 2 mandarins



## Lunch & Morning Snack

- 2 tablespoons of pasta with sliced cherry tomatoes and vegetables
- 2 crackers with low fat cheddar cheese and yoghurt



Lunchbox  
Friendly

## Afternoon Snack

- 10-12 grapes



## Dinner

- Fish, peas and chips



## Recipe

### Fish, peas and chips

Serves 4 Adults

#### Ingredients

- 4 pieces of white fish (boned and filleted) (approx 5oz/150g)
- 7- 8 potatoes
- 500g /16 oz. of frozen peas / sweetcorn

#### Method

1. Preheat oven at 180°C/356°F/Gas Mark 4
2. Cut the potatoes into thick cut chips
3. Bake the fish in the oven for 25 mins
4. Drizzle chips with a teaspoon of olive oil (if desired), bake in oven for 20 minutes
5. Cook frozen peas as per instructions on packet.

You could also add sweetcorn for extra veg.

# Friday

Add a glass of water or milk (semi-skimmed or low fat preferably) to every meal or snack.

Portion tip:  
A five year old needs about half the food an adult does

## Breakfast

- 1-2 slices of wholemeal toast with mashed banana.
- Glass of milk



## Lunch & Morning Snack

- Small wholemeal pitta bread with tuna & sweetcorn.
- Apple and yoghurt



Lunchbox Friendly

## Afternoon Snack

- Slice of wholemeal toast with peanut butter



## Dinner

- Homemade burgers



## Recipe

### Homemade burgers

Serves 4 Adults

#### Ingredients

- 450g /1lb lean minced beef
- 110g / 4 oz. brown breadcrumbs, around 4 slices
- Pinch mixed herbs
- 1 small onion, finely chopped
- 1 beaten egg
- 1 teaspoon of plain flour

#### Method

1. Brown the onion in a pan
2. Mix the remainder of the burger ingredients and the browned onion together in a bowl.
3. Add approx. half the beaten egg to bind
4. Shape the mixture into 4 round shapes using a little flour
5. Fry or grill gently on both sides over a low heat until well cooked.

Serve in small burger buns and top with sliced tomato. Why not add cooked veg on the side?

Make burgers smaller for children

# 6 tips for planning meals

1. Pick a time during the week and make this a time when you plan your weekly meals
2. Look at the ingredients you already have at home. Check your cupboard, fridge and freezer before going to the supermarket.
3. Pick meals that you know your family already enjoys.
4. Plan for leftovers. For example leftover vegetables can be added to stir fries, currys and omelettes.
5. Cook in bulk and freeze. This works well with dishes like currys, stews, pies and casseroles.
6. Chose recipes that use the same ingredients. This saves money, time and extra trips to the supermarket.

## Suitable drinks for children

It is important that children take in enough fluids during the day. If they do not drink enough, they may become thirsty. Drinks should always be included for break-time and lunch.

**Water and milk are the most suitable drinks for children.**

Drink	Tooth friendly
Water	Best choice anytime 
Milk (semi-skimmed/low-fat preferably)	Good choice anytime 
Unsweetened fruit juice (fruit juice from concentrate is suitable also if it does not contain added sugar)	Limit to once a day 
Flavoured milk*	At mealtimes 
Diluted sugar-free squash	At mealtimes 
Yoghurt or milk drinks*	At mealtimes 
Smoothies*	At mealtimes 
Fruit Juice drink (unsweetened)	At mealtimes 
Fruit Juice drink (sweetened)	Not tooth friendly 
Fizzy drinks (including diet versions)	Not tooth friendly 

\*Compare brands and choose those that are lower in sugar

# Shopping list

## Fruit

- 1 bunch of bananas
- 1 orange\*
- 1 punnet of strawberries
- 1 apple\*
- 1 lime
- 1 lemon
- 1 bulb of garlic
- 1 bunch of grapes
- 1 punnet cherry tomatoes
- 1 kiwi\*
- 1 bag of mandarins

## Vegetable

- 1 tin of sweetcorn
- 1 bag of carrots
- 1 bag of frozen peas
- 1 bag of frozen sweetcorn
- 1 bag of potatoes
- 1 medium red peppers
- 1 medium yellow pepper
- 1 head of lettuce
- 450g/1lb of broccoli (fresh or frozen)
- 4 - 5 onions

## Cereal

- 1 box of wheat biscuits
- 1 box of porridge
- 1 box of flaked cereal (non-sugar options)
- 1 box of high fibre cereal

## Dairy

- 1 packet of cream cheese
- 3ltr of low fat milk
- 2 x low fat yoghurt\* (no added sweetener)
- Low fat cheddar cheese

## Bread

- 1 medium wholegrain bread roll\*
- 1 pack pitta bread (remainder can be frozen)
- 1 wholemeal scone\*
- 1 loaf of wholemeal bread
- 4 burger buns
- 110g /4oz brown breadcrumbs (around 4 slices or buy frozen)
- 1 pack wholemeal tortilla wraps (remainder can be frozen)

## Garnish and store cupboard

- Olive oil
- Pepper
- Mixed herbs
- Lemon juice
- Plain flour
- Fresh mint
- Brown Pasta
- Crackers
- Eggs
- Chopped parsley
- Tin of chopped tomatoes

## Other items

- 1 tin tuna
- 4 skinless chicken breasts (520g / 1lb 2½ oz)
- 4 pieces of white fish fillets (boned and skinned, buy fresh or frozen) (approx 5oz/150g each)
- 1 packet of cooked sliced ham
- 2 x lean minced beef (450g /1lb)
- Pot of stewed fruit\*
- 1 packet of cooked sliced chicken

\* multiply by how many children you have.



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