



# MEAL PLANNER

**MONDAY**

**FRIDAY**

**TUESDAY**

**SATURDAY**

**WEDNESDAY**

**SUNDAY**

**THURSDAY**

**Special events**

[eatingforyou.com.au](http://eatingforyou.com.au)

**1**

## SHOPPING CHECK LIST

### AMOUNTS FOR ADULTS

- 2.5 cups of mixed coloured vegetables per day
- 2 serves of fruit per day
- 3 to 6 serves of whole grains per day
- 2 to 3 serves of dairy foods per day
- 2 serves of protein (meat, chicken, legumes) per day
- 1 serve nuts and seeds per day

See further details at [www.eatingforyou.com.au](http://www.eatingforyou.com.au)