Your weekly food plan

To help you reach the S.M.A.R.T. 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 opposite to plan your meals and then make a shopping list based on this – checking what you already have in your cupboards and freezer so you only buy what you need!

Your shopping list

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

For more information and advice about healthy eating, check out **bhf.org.uk/eatingwell**

Your weekly food plan

British Heart Foundation **Eating well**