

# LUNCHTIME MEAL PREP PLANNER



- Planning your lunches for the week ahead can make you more likely to choose healthy options



- Preparing your lunch in advance can also save you time and allow you to use your lunch break for other activities such as being active or reading

- Use this resource to plan your lunches for the working week and to track your water intake



## WATER CHECKLIST

Aim to drink between 6-8 glasses of water per day

### STAY HYDRATED

<b>Monday</b>		
<b>Tuesday</b>		
<b>Wednesday</b>		
<b>Thursday</b>		
<b>Friday</b>		

## SHOPPING LIST



.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



Remember! It is recommended that you eat at least 5 portions of fruit and vegetables a day. The Eatwell Guide can help you get the right balance of the 5 main food groups.