

Your Meal Plan Checklist

Base meals for week around protein sources

2 x Fish

2 x Red meat

Chicken

Eggs

Beans

If you're not eating oily fish, do you have a daily source of plant-based omega 3?

Prioritised unsaturated fats over saturated fats

Included a source of fibrous carbohydrates each day

Included your 5-a-day for fruits and vegetables each day

Included 3 sources of dairy each day

Scheduled your vitamin D supplement each day

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