





HEALTHY WEEKLY MEAL PLANNER



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	<u>Shopping List</u>
Breakfast 								
Lunch 								
Snack 								
Dinner 								

USEFUL TIPS

- > Have seafood for dinner at least once a week
- > Use seafood in your lunch sandwich/wrap/salad at least once a week
- > Remember to include healthy fats every day. These come from foods like olive oil, oily fish, seeds and nuts
- > Include plenty of different coloured vegetables every day
- > Drink 8 – 10 cups of fluid a day (water is best but you can also include tea/coffee/milk and other low or no sugar drinks)
- > Visit www.sealord.com/nz/recipes for inspiration

