

# My weekly heart healthy meal planner

Use this template to plan your whole week of heart healthy meals.

MONDAY	TUESDAY	WEDNESDAY
Breakfast:	Breakfast:	Breakfast:
Lunch:	Lunch:	Lunch:
Dinner:	Dinner:	Dinner:
THURSDAY	FRIDAY	SATURDAY
Breakfast:	Breakfast:	Breakfast:
Lunch:	Lunch:	Lunch:
Dinner:	Dinner:	Dinner:
SUNDAY	TIPS	
Breakfast:	<ul style="list-style-type: none"> <li>• Think about how many meals you would like to cook at home this week and the number of people you will be cooking for</li> <li>• Get the family or other household members involved. Ask them to choose their favourite heart healthy recipes</li> <li>• Batch cook – make a big batch of your favourite dish to have for leftovers</li> <li>• Fruit, pre-cut vegetables, unsalted nuts and seeds or a tub of unflavoured yoghurt make quick and easy snacks</li> </ul>	
Lunch:		
Dinner:		

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Use this template to plan your weekly heart healthy dinners

## This week's dinners

MONDAY	TUESDAY	WEDNESDAY
THURSDAY	FRIDAY	SATURDAY
SUNDAY	TIPS	
	<ul style="list-style-type: none"><li>• Think about how many meals you would like to cook at home this week and the number of people you will be cooking for</li><li>• Get the family or other household members involved. Ask them to choose their favourite heart healthy recipes</li><li>• Batch cook – make a big batch of your favourite dish to have for leftovers</li></ul>	