



Sophie Says x Nutritank

MEAL PLANNER



Monday

STICK ME ON
YOUR FRIDGE!



BREAKFAST

Aim for a big breakfast to keep
you fuelled for the day

Breakfast helps to fuel your brain
and body for the day. It gives you
energy to think, learn, run, play
and have fun with friends.



LUNCH

Draw a picture of your lunch here:



DINNER



HEALTHY SNACKS

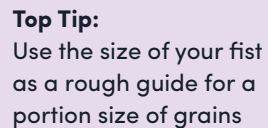
Some ideas for healthy snacks:

- Yogurt and fruit and/or nuts
- Cheese and wholegrain crackers
- Oat cakes with cream cheese or cottage cheese
- Tuna and pita bread
- Peanut butter on toast
- Chopped carrot, pepper and cucumber with hummus

STICK ME ON
YOUR FRIDGE!



**Aim for a big breakfast to keep
you fuelled for the day**

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slightly aged or off-white appearance.This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

HEALTHY SNACKS

[illegible]

CARBOHYDRATES:

Cereal, oats, potatoes, rice, pasta, bread

Carbohydrates are the main energy source for your brain - Including them at each meal, especially lunch helps keep you energised and focused

Eating these foods also feeds the good bugs in your tummy.



Wednesday

STICK ME ON
YOUR FRIDGE!



BREAKFAST

Aim for a big breakfast to keep
you fuelled for the day



LUNCH



DINNER

HEALTHY SNACKS

PROTEIN:

Meat, fish, eggs, dairy, beans, lentils, peas

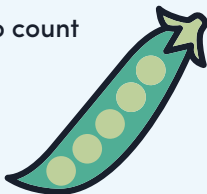
Protein helps your muscles grow big
and strong

Did you know protein is good to help us
feel full and satisfied after a meal?

Lentils, beans and peas also count
as one of your 5-a-day



Top Tip:
Use the palm of your
hand as a rough guide
for a portion size of
protein



Thursday

STICK ME ON
YOUR FRIDGE!



BREAKFAST

Aim for a big breakfast to keep
you fuelled for the day



LUNCH



DINNER

HEALTHY SNACKS

VEGETABLES:

Including vegetables in lunch and dinner will provide your body with a lot of nutrients to make you feel good and protect the body and brain against damage. This will also help you reach your 5-a-day.

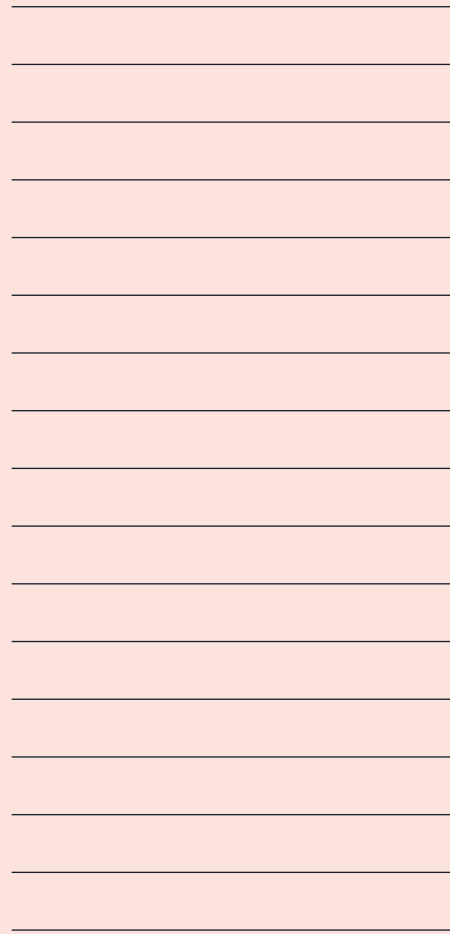
Did you know that frozen and tinned fruit and vegetables are just as healthy as fresh?



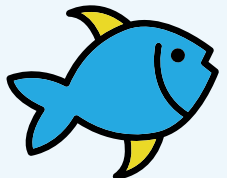
STICK ME ON
YOUR FRIDGE!



This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slightly textured appearance and is set against a dark background.

[illegible][illegible]

Aim for 1 portion to be oily fish such as salmon, sardines or mackerel. This can help with the function of the brain effecting memory and performance



Saturday

STICK ME ON
YOUR FRIDGE!



BREAKFAST

Aim for a big breakfast to keep
you fuelled for the day



LUNCH



DINNER

HEALTHY SNACKS



TOP TIP:

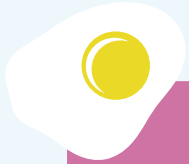
Snacks can help keep energy levels high throughout the day and stop you getting hungry or grumpy.

Aim for snacks to include a source of protein such as cheese, nut butter, yogurt, milk, hummus, egg or fish and carbohydrates such as crackers, fruit, bread, dried fruit, vegetables.

Adding a source of fat such as nuts and seeds or avocado will keep your brain alert.

Sunday

STICK ME ON
YOUR FRIDGE!



BREAKFAST

**Aim for a big breakfast to keep
you fuelled for the day**



LUNCH



DINNER



HEALTHY SNACKS

Sophie Says, let's make a shopping list!

Now you've planned your meals,
lets make a list to go shopping

Top Tip:

Once you've found an item and put it in your basket or trolley, cross it off the list so you don't forget anything!

FRUIT:

• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____

VEG:

• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____

PROTEIN:

• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____

CARBOHYDRATES:

• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____

DAIRY:

• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____

CUT ME OUT AND
TAKE ME TO THE
SUPERMARKET

