Meal Planner

This meal planner has been designed to help you plan healthy meals for the week. Check out our example breakfast and lunch planners to see how we've filled them out, and have a look at the non-UPF recipes on our website for meal inspiration.

Meal	Protein and Fats	Vegetables and Fruit	Carbohydrate
Example: **Corn chowder**	☐ Coconut milk ☐ Lentils	☐ Peppers ☐ Onion	☐ Sweetcorn ☐ Lentils

Shopping list

Protein and Fats	Vegetables and Fruit	Carbohydrate
☐ ☐	☐ ☐	☐ ☐