

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.

Day	Lunch	Dinner	Snacks
<i>Example</i>	<i>Sushi bowl</i> <input type="checkbox"/> Tuna <input type="checkbox"/> Avocado <input type="checkbox"/> Tomato <input type="checkbox"/> Cucumber <input type="checkbox"/> Rice	<i>Stir fry</i> <input type="checkbox"/> Onion <input type="checkbox"/> Tofu <input type="checkbox"/> Pepper <input type="checkbox"/> Carrot <input type="checkbox"/> Courgette	<input type="checkbox"/> Strawberries <input type="checkbox"/> Carrot
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

